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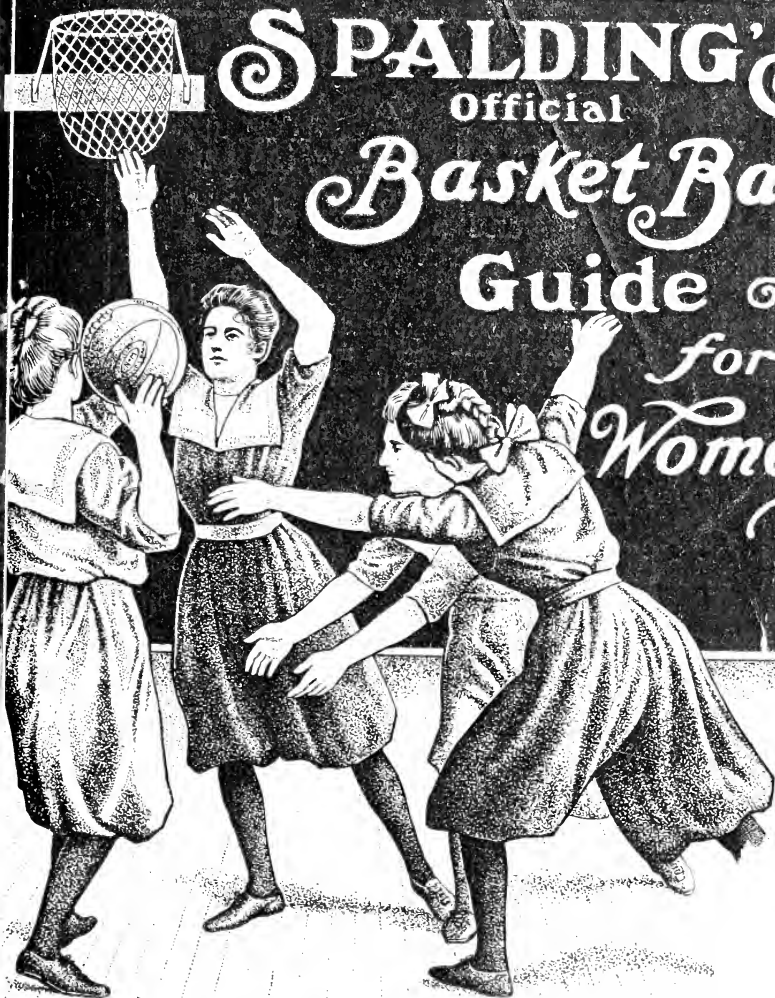
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SPALDING'S
Official

Basket Ball
Guide

for
Women



American Sports Publishing Co
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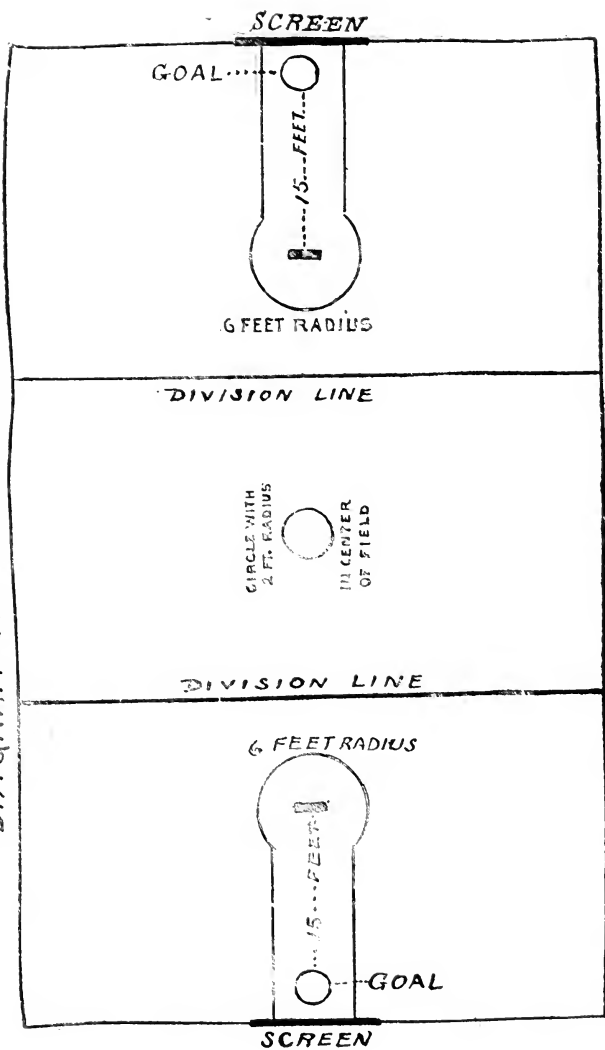
for their Gymnasium Equipment at the World's Fair. The hundreds of Gymnasts who competed in the different events in the Stadium during the year proclaimed the apparatus made by A. G. Spalding & Bros. the best that they had ever worked on, and the team of German Turners that came to America especially to compete in the International Championships at St. Louis on July 1 and 2, 1904, requested that they be permitted to use the apparatus of the

Spalding Gymnasium Exhibit

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DIAGRAM OF FIELD OF PLAY



AT LEAST 3 FEET FROM WALL

BASKET BALL FOR WOMEN

AS ADOPTED BY THE CONFERENCE ON PHYSICAL
TRAINING, HELD IN JUNE, 1899, AT SPRINGFIELD, MASS.

ALSO ARTICLES ON THE GAME BY

Dr. Luther Gulick, Dr. Theodore Hough,
Miss Augusta Lane Patrick, Miss Ellen
Emerson, B. L.; Miss Agnes Childs, A. B.;
Miss Fanny Garrison, A. B.; Miss Julie
Ellsbee Sullivan and Miss Senda Berenson

EDITED BY

SENDA BERENSON

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PREFACE



The preparation of this pamphlet has unfortunately been unavoidably delayed. It has had the advantage, however, of profiting by the new Y. M. C. A. rules. In accordance with the vote passed at the Springfield Conference of Physical Training—"that the Conference gives its approval to the publication of a set of rules for basket ball for women, based on the official rules, but with such modifications as seem desirable"—the rules presented here have been drawn up as much like the latter in wording and changes as was permitted with the different rulings, and we are indebted to the Y. M. C. A. rules for whatever we have adopted from them.

No significant changes from the old rules of "Basket Ball for Women" have been suggested or found necessary. The rules for boundary lines, the length in the time of the game and the number of players on a team have been changed. Five players on a team seemed to us too small a number. It gives too much work and too great responsibility to the one centre; on the other hand, ten players proved too many for practically all gymnasias. The rule has therefore been changed to "from six to nine players." The length of the playing time has been changed from twenty-minute to fifteen-minute halves. Twenty-minute halves proved too exhausting for most players. Indeed, even in the Y. M. C. A. rules the younger men, or "Juniors," are limited to fifteen-minute halves. However, teachers and coaches who still think it wise to play forty-minute games may do so, even with the new rules. The changes for the boundary lines have been adopted from the men's rules.

It is apparently impossible to define the rules so that players all over the country shall interpret them alike. The Committee is always glad to answer questions. In some cases of misinterpretation, however, it seemed to us that the players would have understood them better had they read them a little more carefully.

Dr. Alice B. Foster of All Saints School, Sioux Falls, South Dakota, resigned from the Committee appointed at the Springfield

Conference, and Dr. Alice G. Snyder of the University of Michigan was chosen in her place. The present Committee consists of Miss Elizabeth A. Wright, Radcliffe College, Cambridge, Mass.; Miss Ethel Perrin, the Boston Normal School of Gymnastics, Boston, Mass.; Dr. Alice G. Snyder, University of Michigan, Ann Arbor, Mich.; Senda Berenson, Smith College, Northampton, Mass.

We are glad to hear that these rules are being more and more widely used, especially in the Middle and Far West. We shall endeavor to have letters or articles from different sections of the country where these rules are used in our next edition.

EDITORIAL



SENDA BERENSON

BASKET BALL was invented by Dr. James Naismith, about January of 1892. It was invented particularly for the Y. M. C. A. Training School, at Springfield, Mass., and in all probability, Dr. Naismith had no idea it would ever be played by women.

However, directors of gymnasia for women saw at once that it was, perhaps, the game they were eagerly seeking—one that should not have the rough element of foot ball, yet should be a quick, spirited game—should cultivate strength and physical endurance, and should be interesting enough to become a part of physical training for women as foot ball and base ball are for men. They saw at once that it had many elements of success required for such a game, and forthwith attempted it as part of their gymnastic work. Its success proved far beyond their expectations. It was only necessary to try it to have it become most popular wherever it was played. The colleges for women found it a boon. The physical training schools took it up, and their women graduates spread it all over the country. To-day there are few gymnasia for women where basket ball is not a part of their curriculum, and hundreds of basket ball teams are formed yearly in all our cities by women who play the game at regular times during the winter. It is by far the most popular game that women play.

Experience with the game, however, soon proved that its one great fault is its tendency to roughness, and that in order to overcome this tendency some modifications would be necessary. Nothing is more conclusive of this than the fact that the majority of women who play the game, do so with more or less modifications. Dr. Sargent made some changes and had his rules printed. His Normal School pupils play the game with his rules and it is natural to infer that the pupils teach it with his modifications. The Boston Normal School of Gymnastics has printed modified rules of its own, and its graduates teach it with these rules. Miss Clara Baer, of Newcomb College, made many changes, and had her rules printed, calling the game "Bas-

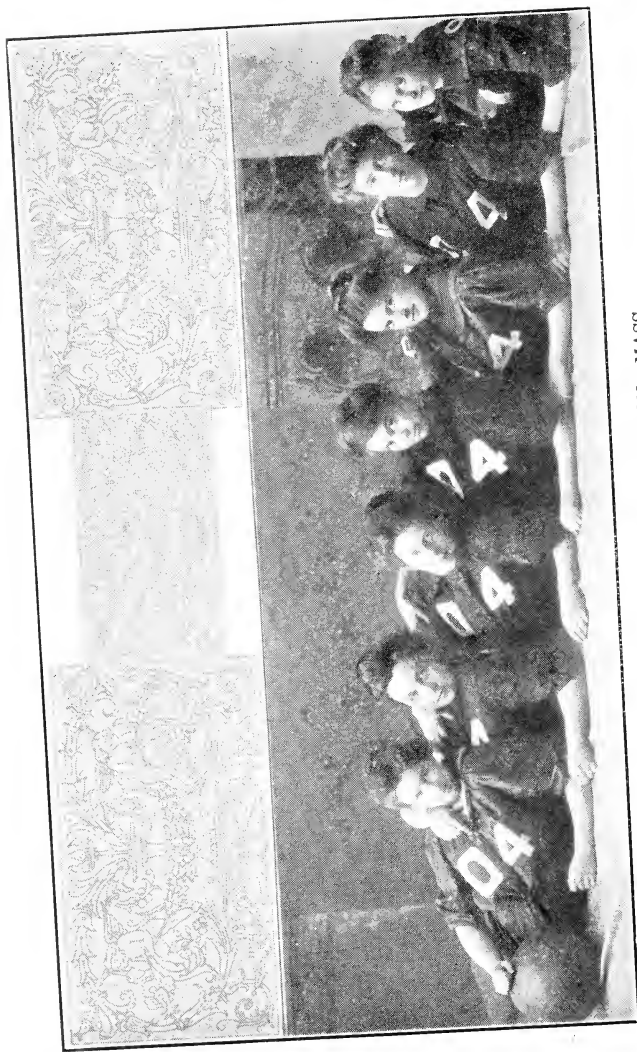


Photo by Sheldon.

SMITH COLLEGE, NORTHAMPTON, MASS.

quette." Lewis, Drexel, and Pratt Institutes play the game with modified rules. Vassar, Radcliffe, Lake Forest University, University of Wisconsin, and Smith play with more or less modifications. At Smith College the game was played with modifications as early as the autumn of 1892. The preparatory schools and normal schools who play with some changes are too numerous to mention.

One has a natural antipathy against making changes in rules previously established. The fact that the majority of women find it necessary to change the rules of basket ball to suit their needs seems significant.

All this has brought about a great cause for dissatisfaction; namely, that scarcely two institutions of education for women play with precisely the same rules. Most of them play with changes of some sort, but each institution uses the changes it has made for itself.

At the Conference of Physical Training held at Springfield, Mass., from June 14 to 28, 1899, a committee was appointed to investigate this matter and to draw up rules which should voice the different modifications used all over the country as much as possible.

This committee consisted of Alice Bertha Foster, Director of Physical Training for Women, Oberlin College, Chairman; Ethel Perrin, Instructor of Gymnastics, Boston Normal School of Gymnastics; Elizabeth Wright, Director of Physical Training, Radcliffe College; Senda Berenson, Director of Physical Training, Smith College.

The committee offered the following report:

The Committee respectfully recommends

First—That the Conference give its approval to the publication of a set of rules for Basket Ball for Women, based on the official rules, but with such modifications as seem desirable.

Second—That these rules be offered for publication either with the Spalding Official Rules, or by the Spalding Athletic Library, together with some articles discussing the use of the game by women.

Third—That the leading institutions wherein the game is played by women be consulted, asking suggestions as to modifications thought necessary. * * * * *

Fourth—That this guide be edited by Miss Senda Berenson of Smith College.

Fifth—That the changes made in the rules be as follows: * * *



MILLS COLLEGE TEAM, CHAMPIONS PACIFIC COAST, 1903 AND 1904.

The report and rules were read for approval before the Conference and discussed. The Conference voted unanimously that the report be accepted and rules adopted and printed.

The rules offered in this pamphlet seem to the Committee to voice the wisest changes of those used all over the country. On the other hand, they are not put forth as final, and the Committee will be glad of suggestions from any one who thinks further changes necessary.



Photo by Lee Bros.

UNIVERSITY OF MINNESOTA.

THE PSYCHOLOGICAL EFFECTS OF BASKET BALL FOR WOMEN

BY LUTHER GULICK, M. D.

Superintendent of Physical Instruction in the Public Schools of New York.

IT is not my purpose to discuss the details of team-play, nor to explain especial plays or formations. I desire to call attention to the bearings of the psychology of team-play upon some of the more fundamental matters concerning the nature of woman and her place in our civilization.

By team-play I mean the play of individuals in such a way as to advance the interests of the team as contrasted with the interests of the individual. To illustrate: a player (A) has the ball and can throw for goal, or she can pass the ball to a player (B) nearer to the goal and having a better opportunity to cage the ball. Individual interest will lead (A) to throw for the goal. She may take it, and thus win for herself the credit for a brilliant play. This is one of the faults of beginners and always of selfish players. If (A) looks mainly to the interests of the team, she must forego her own chance for prominence and must play the ball to (B) who will secure from the crowd the credit, much of which in this case really belongs to (A). In case (A) throws directly for the goal and makes it, she is not thereby justified in the play; she should be censured by the coach or captain. In the long run such a player, who puts her own interests above that of the team, will prove a detriment to the team.

Team-work means the frequent subordination of self-interests to the interests of the team. The individual shines mainly in the general glory of the team.

The single instance given is but a simple illustration of what characterizes basket ball. A team of moderate players, but who play well together, who play a strong team game, will defeat a team of experts who play each one for himself. This has been repeatedly demonstrated. It was clearly shown in the national championships in which a team of the best of experts was beaten for two years by teams whose individual players did not excel, but whose team-work was better.

This subject of team-play has most important bearings. The



Photo by Horner.

POSSE GYMNASIUM TEAM, BOSTON.

necessity for team-play is characteristic of base ball, foot ball, cricket, and a few subsidiary games, such as lacrosse, hockey, etc. It is not characteristic of track and field sports, nor of any other great national sports. These games demanding team-play are played by Anglo-Saxon peoples, and by these peoples alone, and may thus be said to be a differentiating characteristic of the Anglo-Saxon adolescent male.

It is also important to notice that these games are not played till the teens are reached. Little boys may play these games, but they rarely play more than an individual game; real team-work is rare among them. This fact acquires significance when we remember that during adolescence great psychological changes occur in the boy among which the growth of altruism is prominent.

What is its nature? What are the mental and moral demands of team work? They are, of course, higher than those of individual play. One may or may not choose to use the word altruism in such a relation, but this loyalty to the team when such loyalty puts self in the background certainly is made out of the same kind of stuff as is altruism. It is loyalty to a larger unit than self. It is, ethically, of a higher order than is individual play. This team loyalty is very like the tribal loyalty of early savage life. Those tribes in whom the men were loyal to the tribe, even more than to self, would, other things being equal, conquer those who were still on the individual plane. The deep nature of the instinct that has led to the development of these games is thus shown.

My experience and observation ever since Mr. Naismith invented the game is that it is more difficult to get women to do team-work than it is to get men to do so. In what way may this be explained? It is idle to say that men are more self-sacrificing than are women. A comparative study of men's and women's relation to their children is ample evidence on this point. What facts may be explanatory? Boys play games in a way that girls do not. Boys play on the street, and have a kind of rough and "give and take" education among their fellows that is far more intense than is the corresponding education of girls. But this is insufficient to account for the marked difference in the interest and adaptability that women seem to have for team games. In cases that I have seen where there has been equal oppor-



Photo by Ryder.

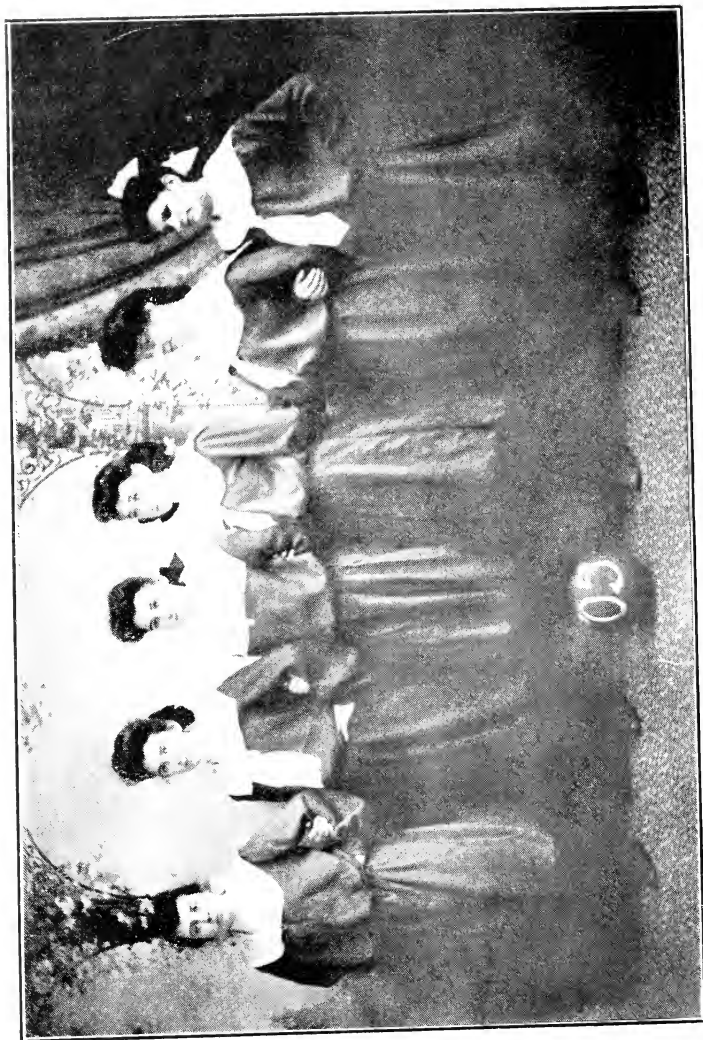
ALVORD GYMNASIUM TEAM, SYRACUSE, N. Y.

tunity for girls to acquire the team spirit, they have not acquired it to anything like the same extent that boys have. We must look deeper than the mere circumstances of early environment to account for this phenomena. In a careful study of boys' gangs, not yet published, that has been made by Mr. T. J. Browne, this spirit of loyalty to the team, or loyalty to the gang, has been worked out with thoroughness. He has shown that most boys during adolescence form spontaneous groups that often maintain their personelle for years, exerting a great influence upon the life of the individual. The boy will be loyal to the group to which he belongs often more than he will to even his own parents. One finds corresponding spontaneous grouping among girls, but not to the same extent, nor are the societies so persistent nor so inclusive of all the interests of the individual.

Another class or group of facts that would demand investigation bearing upon this general topic is the treatment that women give each other on the street, in the electric car, and while shopping. It is a matter of common comment, for which there must be a modicum of ground, that women are more often inconsiderate of each other as strangers than are men. I do not attempt to justify the comment, but suggest the line of inquiry.

It is a patent fact also that men form societies to an indefinitely larger extent than do women; not only secret societies, but societies for all sorts of purposes. Man's life appears to take more naturally to organization than does woman's. Man's life appears to be related more to loyalty to groups, while the woman's life seems to be more related to loyalty to the home and its interests. Geddes & Thomson, Fiske, Drummond, and others, have called attention to the great significance of the maternal instinct in the development of altruism in the individual, and indeed maintain that this instinct is the tap root of altruism in the race. Without going into an extended discussion of the matter, I wish to call attention to the fact that the kind of altruism displayed by men is more related to teams or groups than it is to the family, while the altruism of women does dominate with reference to husband and children and the more remote relations that constitute the larger family.

This apparent large digression I have entered into in order that



MEDILL HIGH SCHOOL, CHICAGO.

we might see the significance of the discipline that comes to woman through the playing of such a game as basket ball. When it is done in a thoroughly scientific way with primary attention to team-work, it calls for qualities that are rather unusual, or at least calls for these qualities to an unusual extent.

We are in a time of great unrest in regard to the status of woman. She is entering many lines of work that hitherto have been carried on entirely by men. We are hearing such brilliant voices as that of Mrs. Stetson, who voices and brings to consciousness the feelings of many women. Whatever may be the outcome of this time of unrest, there certainly must grow among women a kind of loyalty to each other, of loyalty to the groups in which they naturally are formed, that is greater than obtains at present. Loyalty to the team and the playing of team-work appears to me to be no mean factor in the development and expression of this quality upon which our civilization rests—the capacity for co-operation, the capacity for being willing to set aside a part even of one's own rights in order to win the larger benefits of co-operative endeavor.

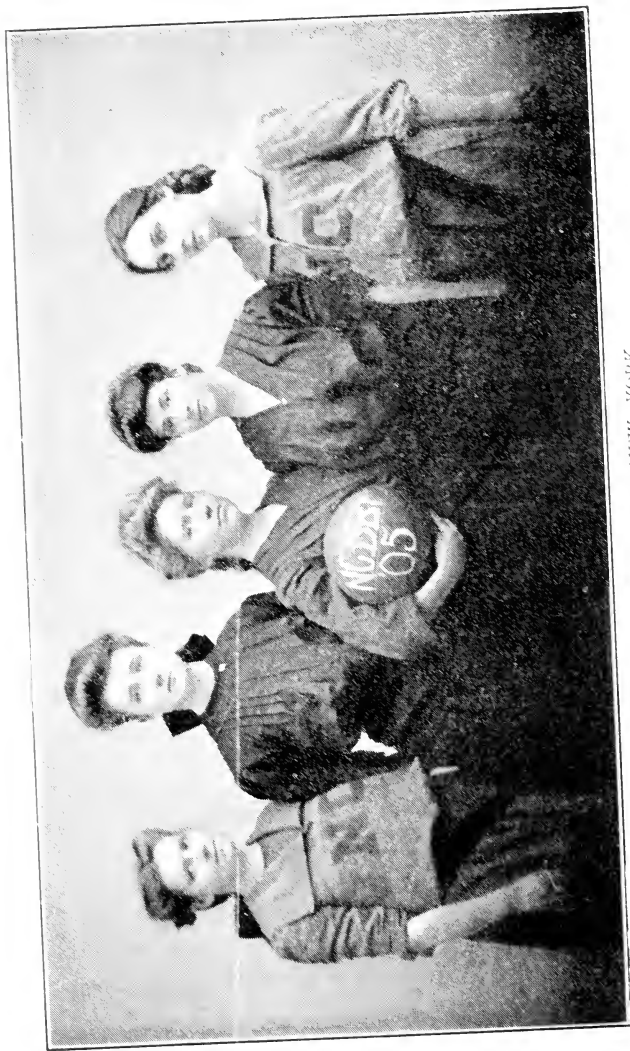


Photo by Newman.

NORMAL COLLEGE, NEW YORK.

THE PHYSIOLOGICAL EFFECTS OF BASKET BALL

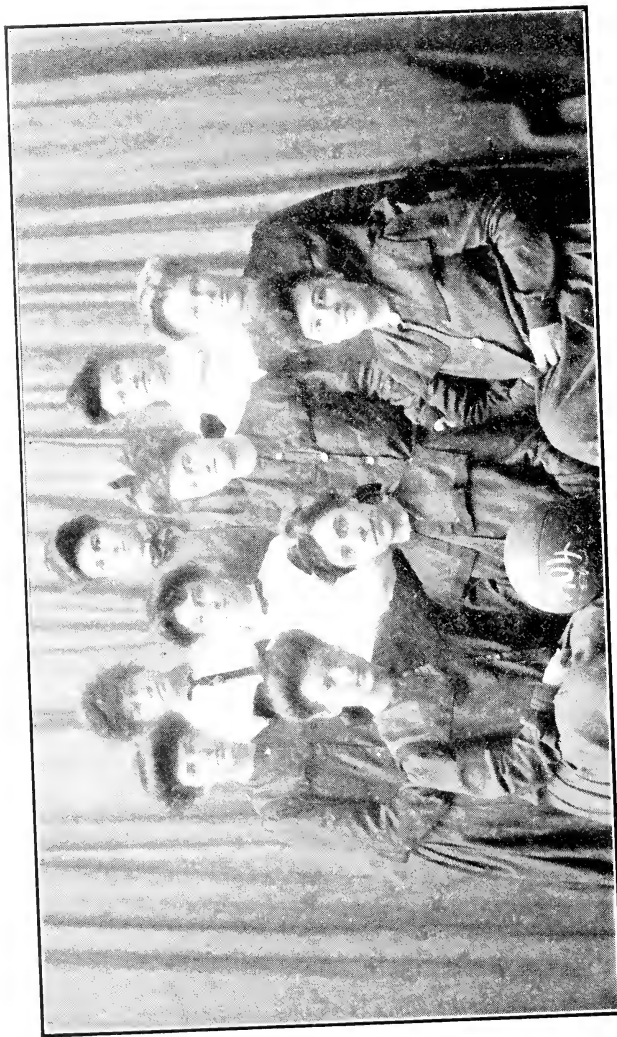


BY THEODORE HOUGH, PH.D.

A RECENT paper by Dr. Leo Luntz, gives results which are of great importance in studying the physiology of basket ball. In this paper it is shown that the amount of carbon-dioxide given off and of oxygen consumed by the body is vastly greater during bicycle riding than it is during walking, and that it is also much greater than we should suspect from our feelings of fatigue. It is, moreover, a common experience with most wheelmen that a ride which involves but little effort will produce profuse perspiration. In other words, cycling involves, even on level ground, a very large amount of muscular work, and so of oxidation without producing marked sensations of fatigue.

Two points in the explanation of this fact are of importance to us: First, the feeling of fatigue is not a reliable measure of the amount of muscular work which is being done; the fatigue of walking, for example, comes largely from the joints, and where we relieve these of the weight of the trunk, and from jar, as we do in wheeling, very much more work can be done with less feeling of effort; secondly, while walking demands of some muscles, such as those of the calf of the leg, an amount of work out of all proportion to that which other muscles perform, bicycle riding makes no such disproportionate demands on any one group of muscles; the work is more distributed and hence is less felt, but when the sum total of work done by all muscles is added, it is found to be much greater than was the case in walking.

This greater amount of work involves the production of a greater amount of carbon-dioxide and a greater consumption of oxygen by the muscles; in other words, increased demands are made on the respiratory mechanism, which consists, on the one hand, of the nerve centres, nerves, and muscles of respiration and, on the other, of the heart and the blood vessels. We can thus see at once that such exercise involves the respiration of greater quantities of air and an increased output of blood per minute on the part of the heart; and the more or



MANKATO (MINN.) STATE NORMAL SCHOOL.

Photo by Snow.

less profuse perspiration already referred to is, of course, an effort to get rid of the increased amount of heat produced by the working muscles.

I have referred thus at length to these observations of Luntz on bicycle riding because they give us the most accurate observations upon the physiological conditions which obtain during such games as basket ball; here again we have a form of exercise which brings into simultaneous action large numbers of muscles, although no one muscle is worked excessively; even when the ball is in play in some other part of the field, a player must be on the *qui vive*, which means, physiologically, a state of slight contraction of great numbers of muscles; this of itself involves a considerable sum total of oxidation which, of course, becomes much greater during the more active work of running, jumping, throwing, etc. In all such games, as in bicycle riding, more work is done than we are conscious of, and while this work does not produce feelings of fatigue, it does involve very greatly increased effort on the part of the heart and of the muscles of respiration.

Considerations of these facts shows us at once when it becomes physiologically unsafe to play basket ball. It is evidently not safe to do so when the heart is unable to perform with comparative ease the increased work required of it; and this may be the case first, in certain diseases of the heart, and secondly, when the player has not been taking muscular exercise for some time, and so is "out of training."

This is not the place to discuss the relations of the various forms of heart disease to such games. In some of them it is unsafe to play; in others, playing under proper restrictions is a good thing. It is for the physician to say in any individual case whether it is safe to play or not.

An equally practical matter is the necessity for training as a preparation for such games. Basket ball does not *at once* impose on the heart conditions which are unfavorable for its work; it merely doubles, we will say, the demand upon it for work; indeed, the key to the whole matter is that, for respiratory and other purposes, the heart must pump very much more blood in the same time. A portion of that part of its cycle which is normally given to the rest of diastole and pause must be sacrificed to the systole, which thus comes to con-



Photo by Fisher & Co.

VALLEY CITY (NO. DAK.) HIGH SCHOOL.

sume a larger proportion of the total time of the cycle. In this way are introduced the conditions of fatigue, and it is simply a question whether the heart can stand this more fatiguing work; in other words, it is a question of how well trained it is. One may as well expect good results in a skeletal muscle by going into a four-mile run without previous training as to expect good results in the heart by going into a game of basket ball under like conditions; and the danger in both cases comes chiefly from the undue prolongation of the work; especially is this true of basket ball. As long as play continues the muscles are producing these largely increased quantities of carbon-dioxide, and the heart is being stimulated to get this to the lungs for removal from the body; and, if this demand is made on a heart which is not strong enough to endure prolonged work, trouble may result.

It is perfectly clear that the danger may be diminished, indeed, practically obviated, if we lessen at first the duration of play and increase the time of rest; or, if at the first we play but one-half of ten minutes. The danger is also lessened if not obviated by the modifications used at many of our women's colleges and institutions, and embodied in the rules given in this number. That these modifications do avoid the danger is indicated by the following facts which have come to my notice; no doubt others can give similar evidence:

Two of our women's colleges have used basket ball for a number of years. One of them has used the Y. M. C. A. rules, the other the modified rules; in both of them the players were under medical supervision. At the former school there have been a suspicious number of cases of "bicycle" hearts among basket ball players. At the latter, not only has this trouble not occurred, but during moderate use of the game (once weekly, with four weekly gymnasium exercises) from November to March, several first-year students with exactly this trouble became perfectly normal and played on the class team. It seems to me that the division of the field into three parts with the consequent limitation of the possible amount of exertion gives an amply sufficient explanation of these results.

This leads us to the great physiological use of games like basket ball in physical training. Gymnastic work excels all other work in corrective value, and is needed in the conditions of our modern school life for this reason. There can also be no doubt that it can and, as

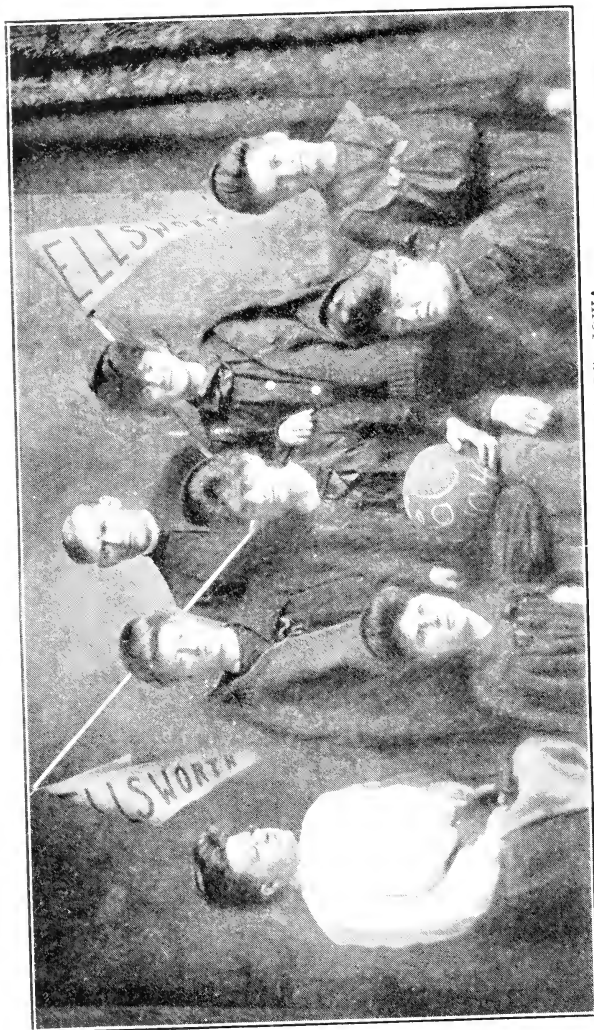


FLUSHING (N. Y.) HIGH SCHOOL.

far as possible, ought to be given so as to train a certain amount of what is called endurance; that is, the ability to maintain moderate work for long periods of time, or vigorous work for fairly long periods of time. But gymnastics is not a convenient, and it is very doubtful if it is ever a practical means of doing all in this direction that an all-round physical training demands. With the exception of marching and running, gymnasium work involves rather the vigorous use of muscles for very short periods at a time rather than the continuance of muscular activity for longer periods of time. It is the latter form of work which adds up most in the end, and produces the largest quantities of carbon-dioxide, and so calls on the heart and the respiratory apparatus for most vigorous work. And this very vigorous work is the only means of training the heart and respiratory apparatus to that degree of strength and endurance which enable them to meet any demand that the conditions of life may make upon them. This, of itself, is a strong reason for the use of such exercises, of which no better example can be found than basket ball.

We can refer only in the most general way to the hygienic effect of such vigorous exercise; that is, the effect in maintaining health each day. Muscular exercise is one of the physiological conditions of health; it produces conditions in the organism without which its inherited structure cannot maintain for long a healthy life. These physiological conditions are numerous and complicated; one of them, however, is so closely connected with what has already been explained that it may be used as an example of the rest: The increased breathing movements make themselves felt beneficially in all parts of the body, aiding in the flow of the nutrient fluids (lymph) around the cells and so in the nutrition of the living units of the organism. The man or woman who does nothing to induce vigorous breathing is running a far greater hygienic risk than when one drinks a glass of water from the notoriously bad water supply of some of our American cities.

There is a third important physiological effect of such games. In the history of individual development no fact is so plainly written as that "whatsoever a man soweth, that shall he also reap." Especially is this true of the nervous system which requires efficient control over the movements of the body only as the body carries out, over and over again, such movements as demand the most rapid and com-



ELLSWORTH COLLEGE, IOWA FALLS, IOWA.

plicated response on the part of the nervous system; and it requires but a moment's reflection to see that these games meet these requirements to a remarkable extent, probably, indeed, as nothing else does. The writer has heard of a case where it became necessary for two young ladies who had played basket ball to dodge a runaway horse, which they did successfully. They themselves believe that they would not have escaped uninjured except for having played a game of the kind. The cautious scientist is slow in expressing an opinion on a specific case of this kind, but he need have no hesitancy in asserting that such games train to a remarkable degree the power of the nervous system to do the right thing at the right time in order to meet sudden and unexpected situations; and this is a kind of muscular control which it is well worth while to acquire.

We may sum up the results of the previous discussion as follows: Basket ball involves a large amount of work with a proportionately small element of conscious fatigue. It consequently makes larger demands on the heart and other organs of respiration than the player realizes, and in this lies its danger. This danger can be successfully avoided, however, by proper attention to training and by proper regulation of the game itself; indeed, we may add that few other games can be so easily regulated to meet this end. When so regulated, it is in every way a good thing for the heart which it trains to strength and endurance. It moreover trains the co-ordinating nerve centres to a high degree of muscular control, and, above all, it is a most efficient agent in producing those general hygienic effects of muscular exercise which constitute the chief reason for the use of muscular exercise at all.

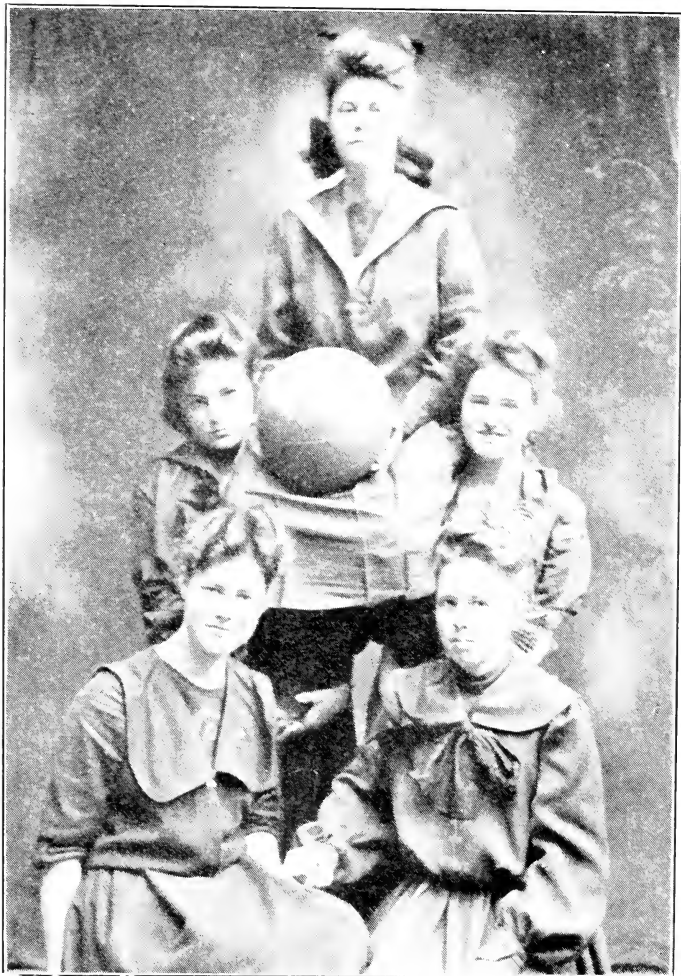


Photo by Arnold.

OAK PARK (ILL.) HIGH SCHOOL.

THE SIGNIFICANCE OF BASKET BALL FOR WOMEN



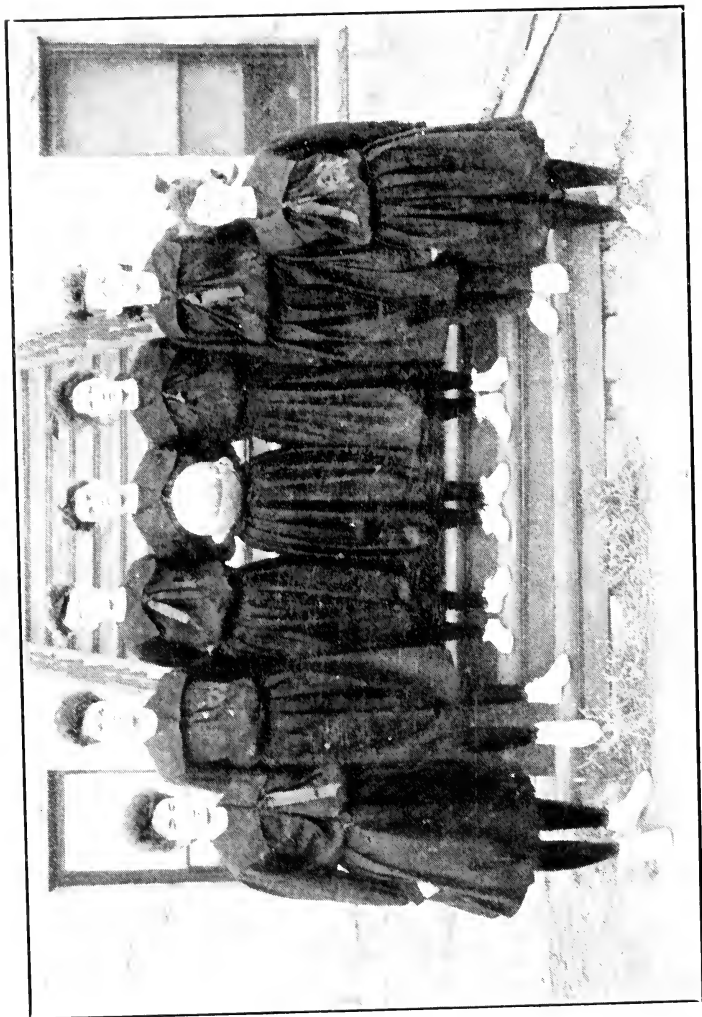
BY SENDA BERENSON

IN competitive games one of two strong forces must become all-important. One will either abandon one's self to instinct and impulse in the quickness of action and intense desire for victory, and hence develop rough and vicious play; or, eliminating brute and unfair play, one's powers are put into developing expert playing, quickness of judgment and action, and physical and moral self-control.

Much of the element of rough play in games comes more from excitement and the desire to win at all and any cost than from inborn viciousness of character. Many players are ashamed of their conduct in games in their calmer moments. That is as it should be. The great danger lies in the fact that rough and unfair play, the results at first of impulse and carelessness, become strong forces in vitiating the characters of the players by developing another standard of morals for athletics than the one held for conduct in life.

Not only is this standard for athletics held by athletes, but a great number of the community at large seem to think certain elements in athletics perfectly fair, that from an ethical point of view are as bad as lying or stealing. "All is fair in love and war" we are told; certain games are mimic war; hence every action is justifiable in games. A young friend, apparently earnest, ambitious and honorable, told me with all seriousness that if you take all the objectionable features out of a game you take all the fun out of it—there is nothing left; that it really isn't so bad "to wind" or injure a man in foot ball in order to weaken the other side. I heard a good old minister, who was preaching to a community of college men say, emphasizing his remarks with his fist on the reading desk. "When we play a game of foot ball, what is our object? It is to win; nothing else counts; we go in to *win*." His very tones implied, "win at all hazards, by fair means or foul, do anything, but in the end win."

The greatest element of evil in the spirit of athletics in this country is the idea that one must win at any cost—that defeat is an unspeakable disgrace. Most of the brutality and unfairness come from this.



WOLFE HALL, DENVER, COL.

else just these elements that women find necessary today in their enlarged field of activities. Basket ball is the game above all others that has proved of the greatest value to them. Foot ball will never be played by women, and base ball is seldom entered into with spirit. Basket ball is played with deep earnestness and utter unconsciousness of self. Certain elements of false education for centuries have made woman self-conscious. She is becoming less so, but one finds women posing even in tennis and golf. It is impossible to pose in basket ball. The game is too quick, too vigorous, the action too continuous to allow any element to enter which is foreign to it. It develops quick perception and judgment—in one moment a person must judge space and time in order to run and catch the ball at the right place, must decide to whom it may best be thrown, and at the same time must remember not to "foul." It develops physical and moral courage, self-reliance and self-control, the ability to meet success and defeat with dignity.

It is said that one of woman's weaknesses is her inability to leave the personal element out of thought or action. If this is so—and there is some ground for such a supposition—a competitive game like basket ball does much to do away with it. Success in this game can be brought about only by good team-play. A team with a number of brilliant individual players lacking team-work will be beaten always by a team of conscientious players who play for each other. This develops traits of character which organization brings; fair play, impersonal interest, earnestness of purpose, the ability to give one's best not for one's own glorification but for the good of the team—the cause.

But just as basket ball may be made an influence for good so may it be made a strong influence for evil. The gravest objection to the game is the rough element it contains. Since athletics for women are still in their infancy, it is well to bring up the large and significant question; shall women blindly imitate the athletics of men without reference to their different organizations and purpose in life; or shall their athletics be such as shall develop those physical and moral elements that are particularly necessary for them? We can profit by the experience of our brothers and therefore save ourselves from allowing those objectionable features to creep into our athletics that many men

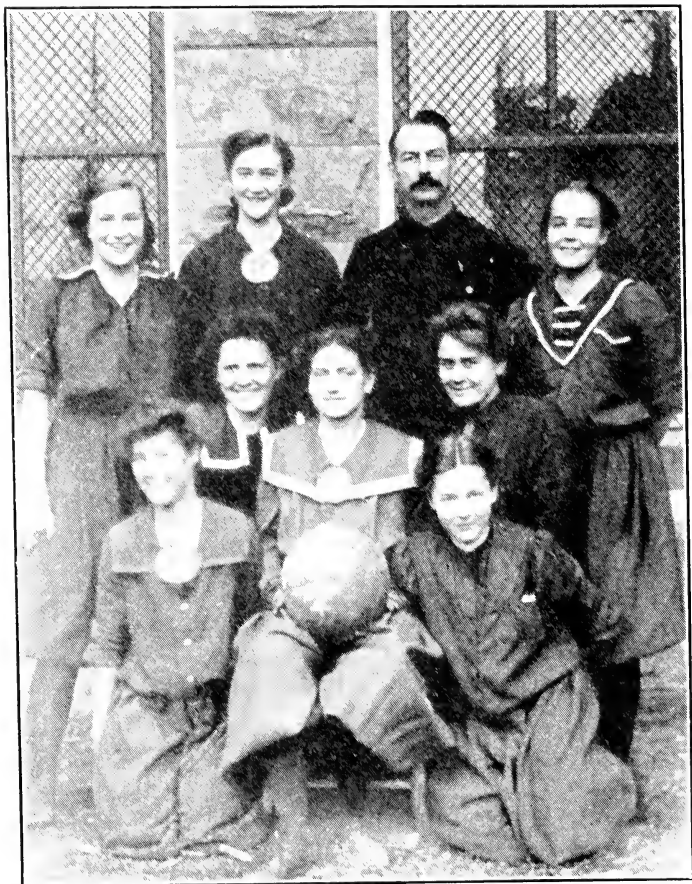


Photo by Arnold.

HYDE PARK (CHICAGO) HIGH SCHOOL.

are seriously working to eliminate from theirs. Since all new movements swing from the extreme of degeneracy or inertness to the extreme enthusiasm of newly acquired powers, unless we are most careful we shall allow that enthusiasm and power to run away with our reason. It is a well known fact that women abandon themselves more readily to an impulse than men. Lombroso tells us that women are more open to suggestion, more open to run to extremes than men. This shows us that unless we guard our athletics carefully in the beginning many objectionable elements will quickly come in. It also shows us that unless a game as exciting as basket ball is carefully guided by such rules as will eliminate roughness, the great desire to win and the excitement of the game will make our women do sadly unwomanly things.

This has already been proved. A basket ball match game was played several years ago between the teams of two of our normal schools. One team had been trained to play with the Y. M. C. A. rules; the other with modified rules. Since neither team wished to change its method of play, the first half was played by each team according to its own rules. The game was so rough that the second half was played by both teams with the modified rules. Let me quote from a paper commenting on this game:

"Probably no finer exhibition of basket ball playing by women has ever been seen in this country than the game played by these two teams during the *last* half of their contest. As a possibility of what women can show in the way of skill, alertness, accuracy, coolness and presence of mind under trying circumstances, and still be ladies, the game was a revelation to many present.

"To my mind the important lesson of this game, and the one that should make it a memorable one, is that a courteous consideration of an opponent, even in an antagonistic game, does not necessarily diminish a team's chances for victory."

Another instance; a basket ball team composed of refined women, in one of our New York cities, was challenged to play a game by a team just out of their town. The occasion was not only to be an athletic but a great social event. The visiting team had played with modified rules; the other with rules for men. The playing was not only rough to a degree, but the spirit shown toward the guests who

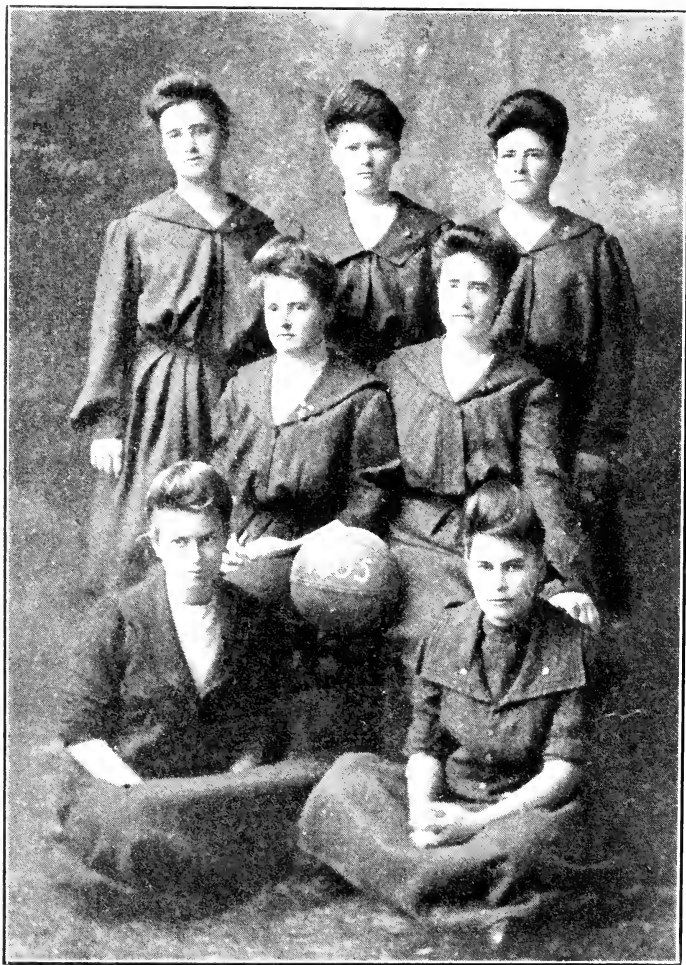


Photo by Stamp.

ELMIRA (N. Y.) COLLEGE.

were beating, by their opponents and their friends, was what one would think quite impossible in women who had any regard for the ordinary courtesies of life. Rough and vicious play seems worse in women than in men. A certain amount of roughness is deemed necessary to bring out manliness in our young men. Surely rough play can have no possible excuse in our young women.

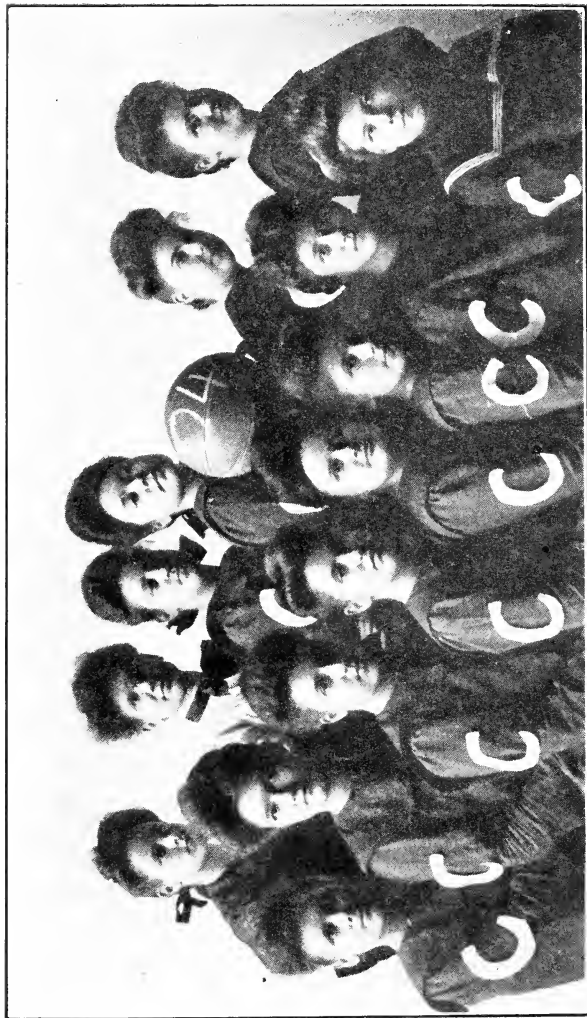
Of course, these two cases and similar instances of which I have heard do not prove that many of our women who play basket ball do so in an undesirable way. They are sufficient, however, to make us pause and consider whether they are not enough to prove that we need to free the game from anything that might lead to objectionable play. And here a serious question may be raised as to whether it is for the best interests of women to go into inter-scholastic games.

However, just this fact that women are more open to suggestion is an encouraging one, for it shows us that they can the more easily be lead to right thought and action. This can be seen by the splendid results of clean sport and good spirit gained wherever basket ball has been guarded by careful rules and strict discipline.

But just here I must say that not only is it necessary to modify the game somewhat, but the physical director and umpire cannot appreciate too fully the responsibility of their positions. The best of rules will be no protection to one who does not insist on fair play and does not umpire most conscientiously. It is also important that the captain of the team shall not only be a good basket ball player, but one who represents the best athletic spirit. I may say that the spirit of athletics in our colleges and schools for women is what the director of the gymnasium makes it. The right spirit is not gained by autocratic methods, but by almost imperceptible suggestion and strong example. If the physical director takes it for granted that athletics can be no other than fair and honorable, her spirit will be imbibed unconsciously by her pupils.

The modifications in the rules contained in this pamphlet were carefully considered and are entirely the fruit of experience. The two important changes are the division of the playing field and the prohibiting of snatching or batting the ball from the hands of another player.

The division of the gymnasium or field into three equal parts, and



CHRISTIAN COLLEGE, COLUMBIA, IND.

the prohibiting of the players of one division from running into the domain of another seems an advantage for many reasons. It does away almost entirely with "star" playing, hence equalizes the importance of the players, and so encourages team work. This also encourages combination plays, for when a girl knows she cannot go over the division line to follow the ball, she is more careful to play as well as possible with the girls near her when the ball comes to her territory. The larger the gymnasium the greater is the tax on individual players when the game is played without lines. It has been found that a number of girls who play without division lines have developed hypertrophy of the heart. The lines prevent the players from running all over the gymnasium, thus doing away with unnecessary running, and also giving the heart moments of rest. On the other hand, the lines do not keep the players almost stationary, as some believe. A player has the right to run anywhere she may please in her own third of the gymnasium.

The divisions, then, concentrate energy, encourage combination plays, equalize team work and do away with undue physical exertion.

Allowing snatching or batting the ball from another person's hand seems the greatest element toward encouraging rough play in the game. It is apt to encourage personal contact; it has an intrinsic quality that goes against one's better nature; it has an element of insult in it. When a player gets the ball it should be hers by the laws of victory, ownership, courtesy, fair play. To prevent this rule, however, from making the game slow and spiritless, a rule was made that a player should not be allowed to hold the ball longer than three seconds under penalty of a foul. Preventing snatching or batting the ball has also developed superb jumping; for a player knows that since she cannot snatch the ball away from her opponent, by jumping in the air as high as possible she may catch the ball before it gets to her opponent.

When the game was first started many saw the danger of "dribbling." The objectionable element was done away with by not allowing the players to bounce the ball more than three consecutive times or lower than the knee. Since then the Y. M. C. A. rules have done away with dribbling altogether. It seems a good rule to eliminate it when the game is played without division lines—where a



UNIVERSITY OF WYOMING, LARAMIE, WYOMING.

player by dribbling can easily get from one basket to the other—but that necessity is overcome with division lines. To allow a player to bounce the ball three times gives an opportunity for having possession of the ball longer than three seconds when she wishes to use a signal or combination play. On the other hand, by demanding that the ball shall be bounced higher than the knee gives a quick opponent a fair opportunity to bat the ball away when it is between the floor and the player's hands.

Of course, if bouncing the ball becomes a nuisance—and one never knows what peculiar play will become popular—it can easily be remedied by doing away with it altogether until the team appreciates that it is a great advantage if used in moderation, a great hindrance if used to an extent.

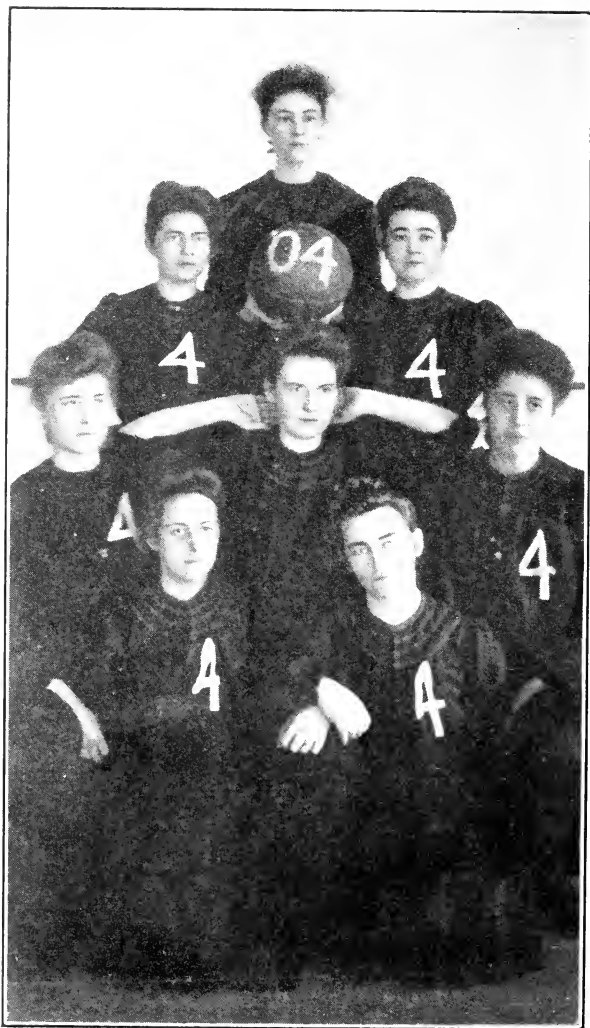
The original rules allow only five on a team. We have changed the rule to allow any number from five to ten players on a team. My own conviction is that the smallest number of players should be six instead of five, for when the game is played with division lines the work in the centre is much too hard for one player. Some of the strongest and quickest work is done in the centre. The size of the gymnasium should decide the number of players on a team. If a gymnasium is 40x30 feet, it stands to reason that fewer players are necessary to meet all the hygienic and recreative requirements of the game than where the floor is 100x60. In one of our colleges ten play on a team because the players find they can bring about better combination plays with four centres. The dimensions of their gymnasium is 108x60 feet—large enough to allow this increased number.

Should people imagine that these modifications take the fire and spirit out of the game, they can either try it with their own teams "without prejudice," or witness a game where such modifications are adopted to be convinced of their mistake. Perhaps it may not be out of place to quote some passages from an account which appeared in one of our leading newspapers with reference to a game played with modified rules at one of our colleges for women: "The playing was very rapid and extremely vigorous. From the time the ball went into play until a goal was tossed there was no respite. The playing could not properly be called rough. There was not an instance of slugging, but the ball was followed by the players with rushes, much the way



UNIVERSITY OF MISSOURI SPECIAL.

it is on the gridiron. One who supposes it is a simple or weak game would be surprised to see the dash and vigor with which it is entered into. It is a whirl of excitement from start to finish, and yet, with all the desperate earnestness and determination with which the game is played, there is excellent control and much dexterity shown. There is splendid temper and true sportswomanlike spirit in the game. The services of a referee to end a dispute are seldom needed, and there are no delays on account of kicking. The amount of physical strength and endurance which is cultivated is readily apparent. One might suppose that it would be a namby pamby exhibition with much show, many hysterical shrieks and nothing of an athletic contest; but nothing could be more contrary to facts. True, there is no slugging or exhibition of roughness, but the play is extremely vigorous and spirited, and is characterized by a whirl and dash that is surprising to the uninitiated. The possession of self-control, both of temper and physical action, was clearly in evidence yesterday, even during the most exciting stages of the game."



UNIVERSITY OF MISSOURI, '04.

RELATIVE MERIT OF THE Y. M. C. A. RULES AND WOMEN'S RULES



BY AUGUSTA LANE PATRICK.

Director of Physical Training, High School, Newark, N. J.

"All is but lip-wisdom which wants experience."

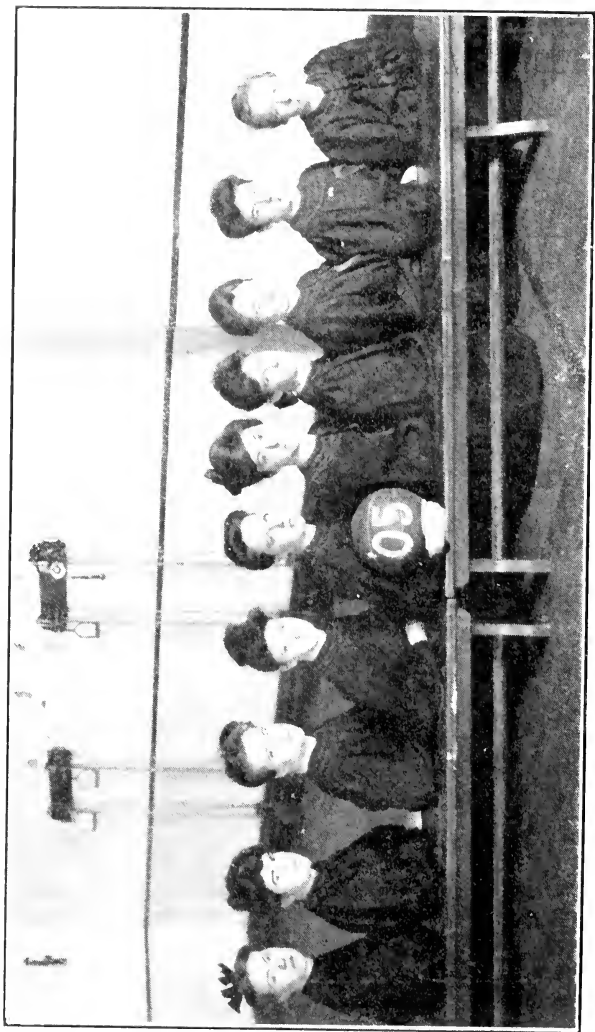
Experience has proved to me what many conversations failed to impress in relation to basket ball, a game which has now become one of the foremost winter sports for both men and women. To insure its best results this game must have rules applicable to all, and so presented that misinterpretations shall be at a minimum. The question arises: Is it advisable for women to use the Y. M. C. A. rules?

Three years ago I fully believed in the affirmative. I contended that the game could be played without roughness; that under these rules it embodied more skill, developed more "nerve," to use the popular expression, and aroused greater enthusiasm. To-day I as strongly advocate the women's rules, allowing my girls to play under no others. This change grew out of Miss Berenson's remark during our discussion: "Give these rules a fair trial." I did so, and have become a convert.

Under the Y. M. C. A. rules our teams were not successful. The girls became exhausted before time was called, due in part to the excitement of the game, but as well to loss of energy owing to confused and purposeless movements, a characteristic of the schoolgirl age. Each game was watched by me with nervous apprehension, for fear that some heart, through excessive labor, become permanently weakened. It was necessary to shorten our halves at least five minutes and sometimes more. Yet the players were high school girls, strong and in good health, who, as they matured, were better able to hold their own. Our record was a series of defeats, the reason for which we could not fathom, and the humiliation rather dampened our enthusiasm.

When we adopted women's rules our record changed. In convincing others, I convinced myself.

The first year the teams used these rules under protest, but



UNIVERSITY OF MISSOURI, '05.

the second, the girls refused to play by any other. From that time we began to win, and our schedule recorded eight victories out of ten.

To what can this change be attributed?

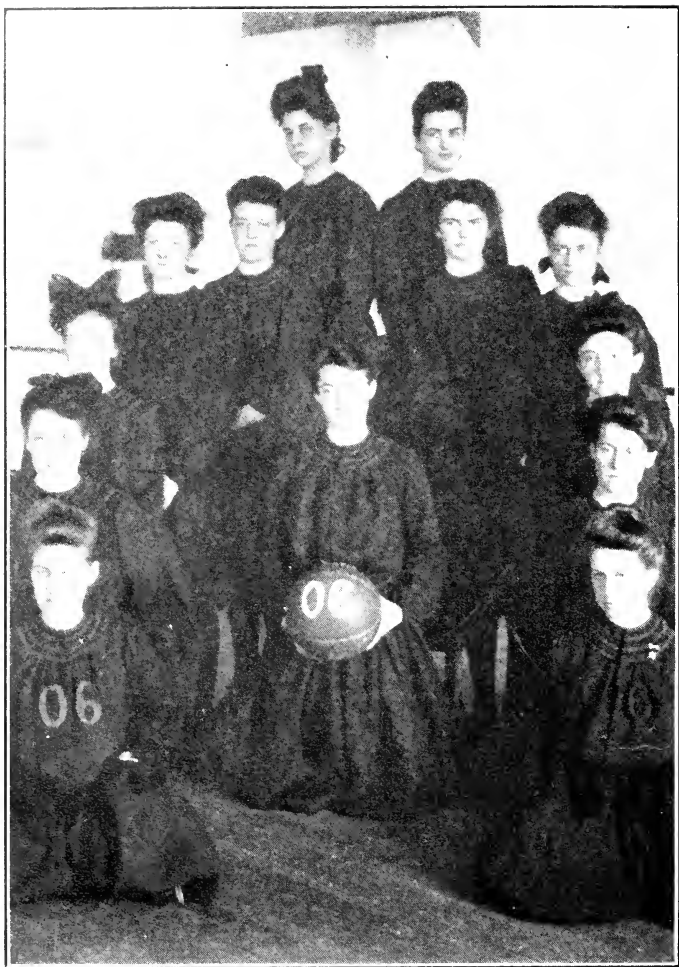
To the facts that:

(a) Since each player is limited to a certain territory the severe strain is alleviated. The interval when the ball is in play at the other end of the field, gives each a chance to regain breath and bearings. The field lines dividing the courts have been the source of much ridicule, and considered a great drawback, as at first so many fouls resulted in a slow, uninteresting game. But with practice the whistle was blown less, and there have been many games, where the linesmen were given no opportunity to call fouls on our team. With expert players, the location of these lines becomes almost intuitive, and in no way a hindrance to the game.

(b) In the rule forbidding touching the ball while in another's hands, roughness receives a decided check. Though some feel that by this, the play degenerates into a ladylike pastime, one has but to see a skilled game, to realize that still enough of the strenuous element remains to develop courage in a marked degree. It is not as pronounced under the women's rules, but it is quite sufficient in this fight for victory to make the most brilliant player "shaky."

This rule trains to an almost wonderful degree, the power of inhibition, and in conjunction with the one on "holding," which develops speed and quickness, strengthens mental qualities highly desirable. This is by no means as marked in the Y. M. C. A. rules.

(c) Team work is as necessary under the women's rules as the Y. M. C. A. rules. In the former, goal-throwing is left to the forwards as is intended, and the play degenerates less easily into individual work. Team work may be made just as scientific, skillful, and artistic with field lines as without. These debar the rush from one end of the field to the other, but the passes are just as attractive.



UNIVERSITY OF MISSOURI, '06.

(d) Again the women's rules make the game one of enjoyment. The girls are able to play the full time and feel only healthy fatigue after the game. The interval of quieted motion gives the heart the necessary respite which acts as a preventive to strain.

(e) One more point of note is the increased number who are anxious to play, and surely every effort that inspires love for healthy sport should be made. The interest in the game is more widespread, and its possibilities attract many more girls. Timid girls, nervous girls, lazy girls, energetic girls, alike receive benefits which build up character as well as physique. Almost marvelous have been some instances of the development of self-control and mental as well as physical alertness.

When we have succeeded in having girls join in the game for the sake of sport, taking defeat in an heroic, victory in a magnanimous way, then we have instilled in young womanhood traits of character which help to make the woman of the future, such that of each may be said: "A perfect woman, nobly planned."



UNIVERSITY OF MISSOURI, '07.

THE PRACTICAL SIDE OF BASKET BALL

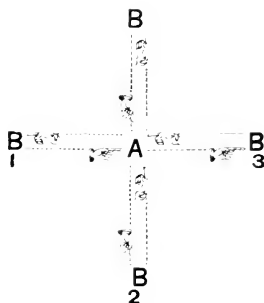


BY ELLEN EMERSON, B. L., AGNES CHILDS, A. B.,
FANNY GARRISON, A. B.

HINTS TO COACHES.

The most important point for coaches to insist upon with beginners in basket ball is exactness of playing. The rules should be carefully kept from the outset, especially those governing fouls. The umpire should explain all fouls to players before they begin to play, then blow the whistle whenever one is made and exact the penalty. It is necessary to have an umpire from the start, in order to carry out the rules.

Beginners are apt to run with the ball and to obviate this it is well to have each player run round the coach in a wide circle while the coach throws the ball to her. She should jump as she catches it, land squarely on both feet, and throw the ball back to the coach before running on. In the following diagram, let A represent the position of the coach, while B, B¹, B² and B³ represent the successive positions of the player, the arrows indicating the progress of the ball between the two.



In throwing the ball in this so-called "race-horse" scheme A must be careful to throw the ball each time a little in front of



ST. LOUIS PIONEER GIRLS' ATHLETIC CLUB, CHAMPIONS OF MISSOURI, 1904.

B's position when the ball leaves A's hand that B may not stop running until the ball reaches her.

If any fouls are overlooked at first they should be time fouls, for accuracy is so much more important than quick playing that it is better to let a player hold the ball too long, than to allow her to throw it before she sees anyone ready to catch it. To further accuracy, it is well to stop the game whenever a wild or poor play is made and show the player the correct play before continuing.

All players should be trained to jump for balls passing over their heads. Thus are they trained in interference, in catching a carelessly thrown ball, or a "drop" ball.

There cannot be too much practice in throwing balls—either a short, swift pass from the shoulder or waist to the waist of the catcher, or drop balls, thrown up from the shoulder so that they will drop just where the catcher can reach them, by jumping or by stepping back, and where her opponent cannot stop them.

Good practice plays are: quick passes between players with interference by their opponents, quick passes between players on the run with or without interference, chain plays between two players on the run as in the diagram where A and B represent the various positions as before.



The arrow, as before, indicates the progress of the ball and here, as before, the ball should in each case be thrown a little in front of the catcher. A sort of triangular play is very advantageous in getting out of corners, because by means of it a player has a choice of two others to either of whom she may throw the ball, thus enabling her, if she is guarded on one side to throw the other way. Let A, B and C be three players, and

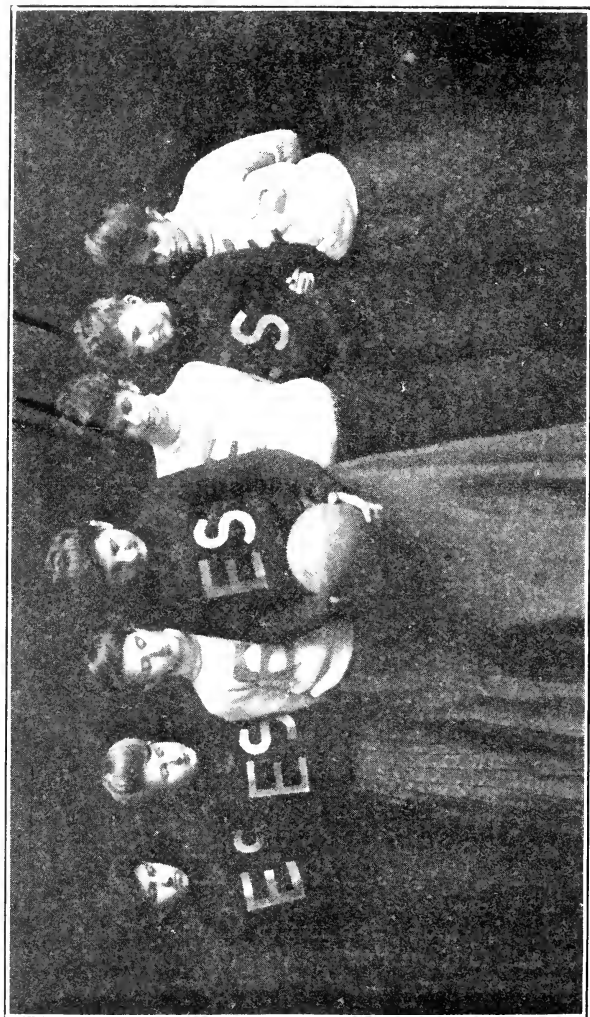
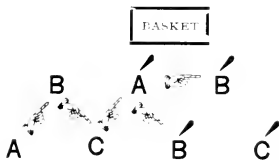


Photo by Alderman & Eutsler.

ETHEL SHATTUCK TEAM, GREENSBORO, N. C.

A', B' and C' their second positions. Suppose A has the ball in the corner, B and C run to positions B' and C' respectively.



As will be seen from the diagram, the "triangle play" is of most use to guards and forwards.

HINTS TO PLAYERS.

There is often a tendency, especially among beginners, to throw the ball without looking to see if there is anyone to catch it. The desire to get rid of it makes the player forget that she who throws is just as responsible for its safe arrival as she who receives it. Better run the risk of a time foul than throw a wild ball.

To insure accuracy of aim it is safer, as a rule, to throw a short rather than a long ball. Most gymnasiums have apparatus which interferes materially with the progress of a long, high ball, and nothing causes more confusion than a sudden miss of direction, the inevitable result of contact with rafters or ropes.

In order to catch a short throw the player must know how to "run up." Let the girl who is to receive the ball be standing, for example, behind her opponent. She then has an advantage; she can, by a signal, notify the thrower where to send the ball and her opponent cannot see her signal. Let her extend her right hand quickly to one side and the gesture may mean to her friend, "I am going to run to the right and forward." She runs, the ball comes straight for her new position, gets there at the same time she does, and is passed on before her opponent realizes what has happened.

When a long ball is to be thrown it is better to stand behind the opponent, to indicate one's intention to run back by raising

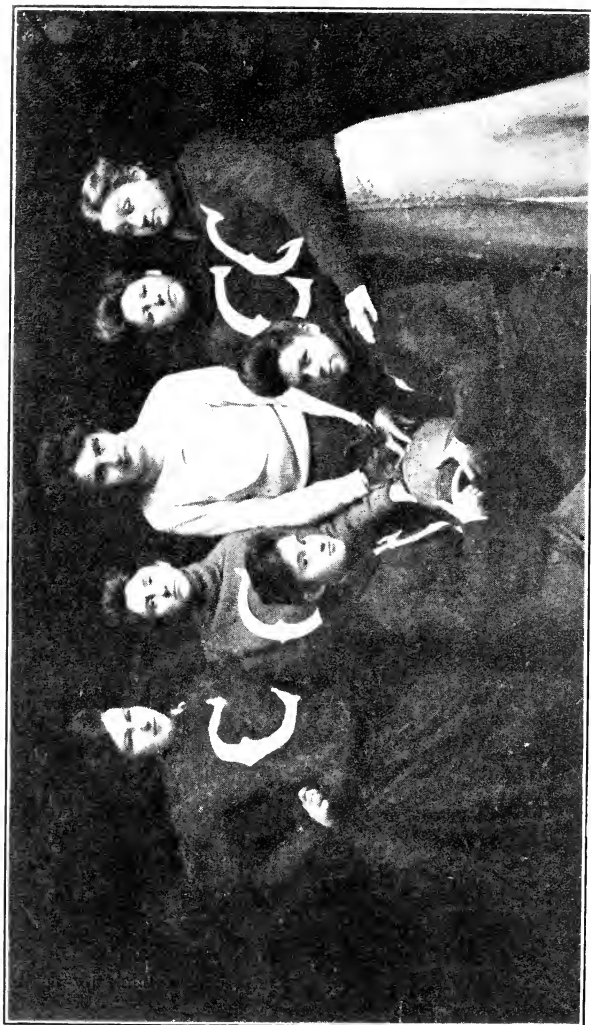


Photo by Alderman & Eutsler.

CLIPPER TEAM, GREENSBORO, N. C.

the hand high over the head and then to drop quickly back three or four feet to receive the ball, which, of course, must be aimed not so much at the catcher as at a place somewhat behind her. Only by practice between the two players can accuracy be assured.

As regards one's relation to her opponent, one motto may be said to apply always and everywhere in basket ball: "When your side has the ball, get away from your opponent; when the other side has the ball, 'stick' to her." The only way to get away from her is to deceive her as to one's intentions by dodging.

As a rule it is a bad plan for any one player to try to cover the whole field within her lines. It is far better to avoid "bunching" by allotting to each girl some portion of the field and for her to keep to that portion as her own province. There are here, as always, some extreme cases where exceptions must be made, but the player's common sense must be her guide then.

Above all, the best practice, and, perhaps the hardest, is to stand up during the game. Nothing makes the game so rowdyish in appearance or causes more adverse criticism than the tendency to slide along the floor after the ball.

SPECIAL HINTS.

As regards plays among the different centers, guards, or forwards there is little to be learned except from experience, as what is found successful in one place and among one set of players may prove fruitless under different conditions. A few of the more general plays may not, however, be out of place.

CENTER PLAYS.

Each center should have a regular position where the forwards and guards may find her. One center should play up near the lines ready to receive a short ball from the guards on one end or send a short ball to the forwards on the other, as the case may be, while the other two stand farther back ready to receive or send longer or drop balls.

When the center has thrown a short ball to a forward she

should still feel responsible, as it may be necessary for the forward, because of her opponent's guarding, to return the ball to center and then drop back toward the basket to receive it again.

When the ball is put in play the jumping center should stand facing her goal, raise her arm, be ready to jump and either bat or catch the ball—always striving to bat it toward her goal. She should also be ready to turn and run for the ball in case her opponent bats it.

FORWARDS.

The forwards cannot practice too much at the basket, with or without interference, ordinary goals, or free throw for goals. Let some one throw over-balls to the forward and the forward, jumping, catch the ball, turn, and without bouncing, put it into the basket. There is a tendency for a forward to hurry about getting a ball into the basket without waiting to get into good position and without aiming carefully for the basket. By practice she can get accustomed to the time allotted her and discover what rapidity she must use in order to avoid a time foul. Every forward should also practice guarding as in this, as a rule, lies her weakest point, and in many cases a goal might be scored could the forwards interfere with the plays of their opponents.

GUARDS.

When a guard by high jumping has succeeded in batting the ball on its way to the goal she often cannot recover herself quickly enough to capture the ball and one of the other guards must run forward to catch it. The side guards especially must also be ready to assist the center guard in stopping a high over-ball to center forward when the center guard is in front of her opponent. This they can do by running in behind the forward to whom the ball is thrown. The center guard may, in some measure, prepare herself, as may the others, to interfere with either a low or a high ball sent to her forward, for, if she stands side of her forward, but facing her, with one foot in front and the other back, she can hit a low ball coming to the forward and

she has only to turn half way round to be ready for a drop ball back, whereas the forward must turn way round before she is able to run back.

The fact that a ball has passed from guard to center does not mean that a guard's duties are ended. She must be ready to receive the ball back again from the center if the center is so guarded that she cannot throw the ball to one of the other center or if, for any reason, the center prefers a chance to run back for an over-ball from the guard.

MATCH GAMES.

Preparation for a match game may be classed under two heads: preparation in general, and preparation in particular.

The former applies to the ordinary hygienic conditions of life. There is no reason why the life during training should differ from that usually pursued save where this latter has suffered as to regularity in the time of eating and sleeping, and where sufficient exercise has not been taken. Each individual has to determine for herself what best suits her own needs. Food should be of good quality, and taken in sufficient quantity. If the individual gives up any food which she feels will be injurious to her, care should be taken that something else replaces it. Outdoor exercise should be encouraged at this as at all times.

As regards training in particular, preparation at the beginning should not be too hard. The number of times a week that the team practices can be gradually increased, also the length of halves—both within limits. It is well to begin training with short halves.

The team can practice as a whole, by sections and individually. When working by sections, care should be taken not to overwork individuals. The strain involved in practice where only a few players take part is much greater than where the whole team is concerned.

Toward the last the amount of playing should be decreased. Too much stress cannot be laid upon the importance of rest, particularly before a game. A team that enters a match in fresh

condition will play better—as has been demonstrated again and again—than the one that has played up to the last moment. No new points can be gained immediately before a match game that should not have been learned previously.

The match game is apt to be the cause of considerable excitement. Care should be taken that the strain be no greater than in the ordinary game. Play first of all for the fun to be had and in having that fun play a clean game. Go in to win, but do not win at the expense of fairness. When the good feeling which should exist between opposing teams is lost, victory is worthless.

A PLEA FOR BASKET BALL



BY JULIE ELLSBEE SULLIVAN,
Teachers' College, New York.

Basket ball has attracted widespread interest because the game has been played by very many people. The game has suffered many criticisms. The spectator is inclined to speak of basket ball as an opportunity of working off a certain amount of surplus energy. This is hardly fair to basket ball, because any series of bodily movements continuously performed may be spoken of as working off a certain amount of stored-up energy. Besides this, mere repetition of bodily movements is not the predominant element in basket ball. There enters into the game many phases common to the play instinct.

The playing of basket ball has for its ultimate aim the successful tossing of the ball through the basket. In order to score, team work requires good passing of the ball, trick formations in passes, and skill in tossing the ball through the basket. Team work is work, but no player thinks of the increased nervous tension, or the rapid increase of heart-beat or the increase of general circulation, because through training the body has become adapted to these demands. This adaptation of the physical organism to work forces the work element of the game to become automatic. The average woman basket ball player only thinks how one of her team can get an opportunity to toss the ball through the basket. The grasping of opportunities, the making of opportunities, and yet conforming to the rules, all join together in making up the play element, the fun and the enthusiasm which is simultaneously attractive both to the individuals and to the team as a whole.

But to the on-looker at a game of basket ball, the play element, or the enthusiasm, seems to develop interest in the new problem of the opposing team; quick thinking, quick acting, and thinking for others. Interest in the new problem of the opposing team is the reaction of the instinct of curiosity; quick thinking of general mental activity; quick acting of general mental activity; think-

ing for others of sympathy. If basket ball does develop the instincts of curiosity, general mental activity, general physical activity, and sympathy, then as Mr. Groos speaks of play, so may one speak of basket ball as "the instinctive performance by the young of mental and active life necessary in the serious business of after-life."

It may be said that I have overlooked the rough playing that comes up in many of the games between women. Rough playing is the reaction of the instinct of pugnacity, but a person who instinctively reacts to a blow by striking out madly with a clenched hand may be taught to strike out with the science of the trained pugilist, or not to strike at all. Professor Thorndike of Columbia says: "We may inhibit instincts even when they are not inherently transitory, either (1) by previously forming the habit of meeting the situation in some other way, or (2) by so arranging the circumstances that the instinctive act results in discomfort."

Grabbing or holding players is a reaction of the instinct of grasping at certain objects. If the members of a team in its first practice hours are taught to hold their fingers close together, and well extended, the holding of the fingers rigid will become a habit. The holding of the fingers stiff will prevent grabbing or holding the opposing players. Thus, the player has been taught neither to grab nor to hold her opposing player, and the instinct of grasping at certain objects has been inhibited by the substitution of a contrary habit.

Suppose player A reacts to an accidental blow from player B by striking out madly with her clenched hand. If the referee or coach stops the game immediately and gives player A's opposing team a chance to score, player A will usually become worried. After a few such treatments player A will mend her ways. In this way the second method of inhibition was used, that of inhibition because of painful circumstances.

Rough playing is neither necessary nor desirable. The rules for women are planned against the possible display of any exaggerations of the normal instincts either of pugnacity or of

grasping at certain objects. It is a pity when such a fine start has been made by Miss Berenson's forming of the rules for women, that the officials and coaches neglect their duties, and many times overlook real displays of brutality. So long as officials will continue to overlook this element of rough playing, just so long will there be criticisms against woman's playing the game at all.

OFFICIAL RULES

Adopted at the Physical Conference, at Springfield, Mass.,
June, 1899, and revised for this edition.



RULE I.

GROUND. SECTION 1. Basket Ball may be played on any grounds free from obstruction, said grounds not to exceed 6,000 square feet of actual playing space.

Boundary lines. SEC. 2. There must be a well defined line marked around the floor or field. The side boundaries shall be at least three feet from the wall or fence. The end boundaries shall be directly below the surface against which the goal is placed. This line shall form the boundary of the field of play.

Division lines. SEC. 3. The field shall be divided into three equal parts by field lines, parallel to the end boundary lines.

RULE II.

BALL. SECTION 1. The ball shall be round; it shall be made of a rubber bladder covered with a leather case; it shall not be less than 30 nor more than 32 inches in circumference; the limit of variableness shall not be more than one-fourth of an inch in three diameters; it shall weigh not less than 18 nor more than 20 ounces.

Size of Ball. SEC. 2. The ball shall be tightly inflated and so laced that it cannot be held by the lacing and otherwise in good condition.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith and will be in sealed boxes.

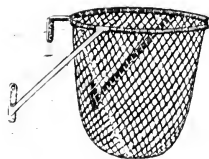


RULE III.

SECTION 1. The goals shall be hammock nets GOALS.
of cord, suspended from metal rings 18 inches
in diameter (inside). The rings shall be
placed 10 feet above the ground in the centre
of the short side of the actual playing field.
The inside rim shall extend 6 inches from the
surface of a flat perpendicular screen or other
rigid surface measuring at least 6 feet hori-
zontally and 4 vertically. If a screen is used
must not extend more than one foot below
the upper edge of the goal.

Size and location
of goals.

SEC. 2. The goals shall be rigidly supported
from below. There must be no projections
beyond the sides nor above the upper edge of
the goal.



SEC. 3. The goal made by A. G. Spalding
& Bros. shall be the official goal.

RULE IV.

SECTION 1. Teams shall number not less TEAMS.
than six nor more than nine members.

RULE V.

SECTION 1. The officials shall be a OFFICIALS.
REFEREE, two UMPIRES, a SCORER,

TIMEKEEPER and four LINESMEN; two from each team.

RULE VI.

REFEREE. SECTION 1. The REFEREE in all cases must be a thoroughly competent and impartial person.

Alterations in rules about grounds and time. SEC. 2. The REFEREE shall be chosen not later than four days before the game.

SEC. 3. Before the game begins the REFEREE shall see that the regulations respecting the ball, goal and grounds are adhered to. By mutual agreement of the Captains, the REFEREE may allow alterations in the rules regarding grounds and time, but not in goal ball or teams. The REFEREE shall ascertain before the commencement of the game the time for beginning, or any other arrangements that have been made by the Captains.

Referee judges when ball is in play and when goal has been made.

SEC. 4. The REFEREE shall be judge of the ball. He shall decide when the ball is in play, to whom it belongs, and when a goal has been made.

SEC. 5. The REFEREE shall approve of the Timekeeper, Scorers and Linesmen twenty-four hours before the game begins.

Ball, how put in play.

SEC. 6. Whenever the ball is put in play by tossing it up the REFEREE shall stand so that he shall throw the ball in a plane at right angle to the side lines.

SEC. 7. The REFEREE shall call time when necessary by blowing a whistle. Calling "time."

SEC. 8. No player but the CAPTAIN shall address any official. The REFEREE shall call a foul for violation of this rule. Referee calls foul on player who speaks to officials.

SEC. 9. The REFEREE is the superior officer of the game and shall decide all questions not definitely falling to the Umpires, but he shall have no power to alter a decision of the Umpires or Linesmen when it is in regard to matters under their jurisdiction. Cannot alter decision of umpires or linesmen.

SEC. 10. Any team refusing to play within three minutes after receiving instructions to do so from the REFEREE shall forfeit the game. Team refusing to play forfeits game.

SEC. 11. The REFEREE'S term of office shall only extend from the time the game begins until it is concluded, and his decision twarding the game must then be given. His jurisdiction shall then end and he shall have no longer any power to act as REFEREE. Referee has no power after game.

SEC. 12. The REFEREE decides when a goal has been made. (Rule XII, section 1.)

SEC. 13. Puts the ball in play. (Rule XII, sections 2, 3 and 5.)

SEC. 14. Indicates the two players nearest ball when time was called and who are to ump for it when play is resumed. (Rule XII, section 6.)

SEC. 15. Throws ball up when it is held by

two or more players for any length of time. (Rule XII, section 7.)

SEC. 16. Awards point to opposing team when goal is touched. (Rule XII, section 12.)

SEC. 17. Makes decisions on Rule XII, section 14.

SEC. 18. Decides on violations of Rule XII, section 15.

SEC. 19. Disqualifies for rough play. (Rule XII, section 21.)

SEC. 20. Blows whistle when ball goes out of bounds. (Rule XII, section 24, [d].)

SEC. 21. Decides who touched ball first when it goes out of bounds. (Rule XII, section 24, [c].)

Duties of the
referee.

SEC. 22. Makes all decisions on violations of Rule XII, section 24 [j].

SEC. 23. Decides when player has held ball more than 5 seconds outside. (Rule XII, section 24 [g].)

SEC. 24. Makes decisions when ball is bounced, etc., to out of bound. Rule XII, section 24 [a].)

SEC. 25. Decides when goals have been made according to Rule XII, section 25.

SEC. 26. Decides whether ball was in the air when whistle sounded and whether goal counts. (Rule XII, section 26.)

SEC. 27. When two or more officials blow their whistles simultaneously the referee decides which one shall take precedence. (Rule XII, section 27.)

SEC. 28. Decides whether a goal thrown by a team making a foul counts. (Rule XII, section 28.)

SEC. 29. Decides games won by default. (Rule XII, section 29.)

SEC. 30. Decides when game has been won by default according to Rule XII, section 30.

SEC. 31. Announces the score of a defaulted or forfeited game. (Rule XII, section 31.)

SEC. 32. Calls foul for derogatory remarks about officials. (Rule XII, section 33.)

SEC. 33. Calls fouls for persistent intentional delays. (Rule XII, section 34.)

SEC. 34. Calls fouls when the following rules are violated; Rule VI, section 8; Rule XII, section 31; Rule XI, section 3. Referee calls fouls.

RULE VII.

SECTION 1. The UMPIRES in all cases must be thoroughly competent and impartial persons. They shall be chosen one by each team. UMPIRES.
Umpires, outsiders

SEC. 2. The UMPIRE shall be judge of the players, shall make decisions and call fouls as follows: UMPIRES call fouls for violations of Rule XII, sections 3, 17, 18, 19, 20, 21, 24 (f), 36, 37, 38, 39, 40, 41. Umpire calls fouls

SEC. 3. The UMPIRES shall make their decisions independently of each other, and a question each other's decisions.

foul called by one shall not be questioned by the other.

Whistle blown
on foul.

SEC. 4. Whenever a foul is made the UMPIRE calling it shall blow a whistle, and indicate the offender, and announce the nature of the foul, so that both the offender and the Scorer can hear it.

RULE VIII.

SCORER. SECTION 1. The SCORER shall be appointed by the Referee.

Scorers must notify
referee about dis-
qualifying player.

SEC. 2. He shall notify the Referee when a player should be disqualified, according to Rule XII, section 21.

RULE IX.

TIMEKEEPER. SECTION 1. A TIMEKEEPER shall be appointed by the Referee.

SEC. 2. He shall note when the game starts. He shall blow his whistle at the expiration of fifteen minutes' actual playing time in each half, or the amount of time agreed upon previously by captains and referee, according to Rule XII, section 9.

Time out on
referee's order.

SEC. 3. Time consumed by stoppages during the game shall be deducted only on order of the referee.

RULE X.

LINESMEN. SECTION 1. The LINESMEN shall be appointed by the referee.

SEC. 2. There shall be four LINESMEN; two from each side.

SEC. 3. The LINESMEN shall stand at the four ends of the field lines. Their particular places shall be given them by the referee.

SEC. 4. The LINESMEN shall be judges of fouls made by stepping on or crossing over the field lines, and shall call such fouls.

RULE XI.

SECTION 1. CAPTAINS shall be indicated by each side previous to the commencement of a match; they must be players in the match.

SEC. 2. The CAPTAINS shall be the representatives of their respective teams.

SEC. 3. The CAPTAINS shall toss for choice of goals and be entitled to call the attention of the officials to any violation of the rules which they think has been made. The Referee shall apply Rule XII, section 33, to the Captains' conduct when necessary.

SEC. 4. Before the commencement of a match each CAPTAIN shall furnish the scorer with a list of his team with their positions.

RULE XII.

SECTION 1. A goal made from the field shall count 2 points; a goal made from a foul shall count as 1 point; a goal thrown for the side into whose goal the ball is thrown, even though it was done by mistake,

Ball, how and when put in play at centre. Centre to be conspicuously marked.

Ball to be touched first by centres indicated to the umpires.

Two fouls on opposite sides played in succession.

After "time" ball goes up at spot where it was when time was called, except when it was outside.

Two opponents nearest to touch the ball.

SEC. 2. The REFEREE shall put the ball in play by tossing it up to a greater height than either of the centres can reach by jumping, in a plane at right angles to the side lines, so that it will drop near the centre of the field, which shall be indicated by a conspicuous mark. This is to be done at the opening of the game, at the beginning of the second half and after each goal.

SEC. 3. After the REFEREE puts the ball in play in the centre, it must be first touched by one of the centres, who shall have been previously indicated to the UMPIRES. The UMPIRES shall call a foul for violation of this rule. Both players may jump for the ball.

SEC. 4. When two fouls at once, on opposite sides, are called, they should be thrown in succession. The ball should then be put in play in the centre.

SEC. 5. After time has been called the REFEREE shall put the ball in play by tossing it up in such a manner that it will drop near the spot where it was when time was called unless it was held out of bounds. In this case play shall be resumed at the whistle of the REFEREE, as if time had not been called (Rule VI, section 6; also Rule XII, section 6).

SEC. 6. The two opponents nearest this spot when time was called shall be the first to touch the ball after play is resumed. They shall be

indicated by the REFEREE. If, however, the ball is held in tie between the centre and forward or guard (*i. e.*, over the field line), the ball shall be tossed up between the centre and her centre opponent indicated by the REFEREE.

SEC. 7. When the ball is held by two or more players for any length of time the REFEREE shall blow his whistle, stop the play and throw the ball up from where it was held. (Rule VI, section 6; also Rule XII, section 6.)

Held ball.

SEC. 8. Whenever the ball is put in play the players who are to first touch the ball must not stand further than two feet from the spot where the ball is to fall.

Players who "jump" for ball must stand with forward feet twenty-four inches apart.

SEC. 9. A game must be decided by the winning of the most points in thirty minutes playing time, or the amount of time agreed upon previously by CAPTAINS and REFEREE, except in case of a tie.

SEC. 10. In case of a tie the game shall continue (without exchange of goals) until either side has made 2 additional points. The goals may be made either from field or foul line, the team first scoring 2 points wins.

Requires two points to win in case of tie.

SEC. 11. The game shall consist of two halves of fifteen minutes each, with a rest of ten minutes between the halves. This is the time of actual play. These times may be changed by agreement of CAPTAINS and REFEREE.

Time of halves,

Goal, moved by
opponent.

SEC. 12. If the goal is moved by an opponent when the ball is on the edge of it, the REFEREE shall award 1 point to opposing team.

SEC. 13. The teams shall change goals at the end of the first half.

Free throw mark.

SEC. 14. When a foul has been made the opposite side shall have a free throw for the goal at a distance of fifteen feet from a point on the floor directly beneath the centre of the goal, measuring towards the opposite goal. The player having a free throw shall not cross the fifteen-foot line until the ball has entered or missed the goal. If this rule is violated, a goal, if made, shall not be scored, and, if missed, the ball shall be dead and put in play in the centre.

Thrower must not
cross mark.

Ball to be thrown
at basket.

The ball cannot be thrown to any person, but must be thrown at the basket. The REFEREE makes the decisions for violations of this rule.

Six-foot lane for
players. Penalty
for crossing line
before ball reaches
basket.

SEC. 15. No player shall stand nearer than six feet to the thrower, nor in a lane six feet wide from the thrower to the goal, nor interfere with the ball until after it reaches the goal. The player shall not be interfered with in any way whatever, either by players or spectators. If this rule is violated by one of the opposite team, and a goal is not made, she shall have another free throw. If violated by one of her own team, or by players of both teams and a goal is made, it shall not count, and whether

missed or made, the ball shall be thrown up in the centre. If the goal is not made and no rules have been violated the ball shall be in play. The players must stay back of the line until the ball has entered or missed the goal. The REFEREE makes the decisions for violation of this rule.

SEC. 16. The ball may be thrown or batted in any direction with one or both hands.

SEC. 17. The ball shall not be kicked or struck with the fists. The UMPIRE shall call a foul for violation of this rule.

Kicking or using fists not allowed.

SEC. 18. A player shall not carry the ball while in bounds. She must play it from the spot on which she catches it. A player while holding the ball may not move more than one foot. This shall not be interpreted as interfering with a person's turning around without making progress. The UMPIRE shall call a foul for violation of this rule.

Ball not to be carried.

SEC. 19. When a ball has been caught with both hands it shall not be bounded on the floor more than three times, and that at least knee height, until it has been touched by some other player. This does not interfere with her throwing for goal twice or more in succession, even if no other player touches it between times. The UMPIRE shall call a foul for violation of this rule.

Ball shall not be bounded more than three times nor lower than knee height.

SEC. 20. There shall be no tackling or hold-

Holding, etc.

ing or pushing of an opponent. The arms shall not be used in any way to interfere with the progress of a player who has not the ball. Grasping the clothing or person of a player with the hands or putting one or both arms about a player shall be called holding. The UMPIRE shall call a foul for violation of this rule.

Roughness will
disqualify.

SEC. 21. There shall be no shouldering, tripping, striking, kicking, hacking or intentional or unnecessary roughness of any kind. Violation of this rule constitutes a foul, and the REFEREE may, for the first offence, and shall for the second offence, disqualify the offender, for that game and for such further period as the committee in charge shall determine. A foul is a violation of the rules, whether committed unintentionally, ignorantly or otherwise. The fact that a foul is made is the only guide for the officials in calling the same. The UMPIRE shall call a foul for violation of this rule. The REFEREE has power to disqualify for violation of this rule whether foul was called or not.

Substitute allowed
for disqualified
player.

SEC. 22. A SUBSTITUTE shall be allowed for a player who has been disqualified, and the foul made by her shall be counted.

Five minutes for
"time."

SEC. 23. Whenever, because of sickness or accident to a player, it becomes necessary for the REFEREE to call "time," play must be re-

sumed in five minutes. If the injured player is unable to resume play by that time a SUBSTITUTION shall take her place, or the game start at once without her. If it becomes necessary for any other reason than sickness or injury to change players it can only be done between halves, and only after the REFEREE and SCORER have been notified. Any goals made by the team violating this rule shall not be counted, but this shall not affect the score of the other team. A player once removed from the game cannot play again during that game.

Players to be changed between halves only, except in case of sickness or injury.

A player once removed cannot play again.

SEC. 24. The ball is out of bounds only when it has completely crossed the line.

Ball out of bounds.

(a) When the ball is batted, rolled, bounced, passed, etc., from the field of play and remains out of bounds, the REFEREE shall give it to the opponent.

(b) In case of a doubt in the mind of the REFEREE as to which player touched it last, it shall be given to the first player touching it outside.

(c) In case of a doubt in the mind of the REFEREE as to which player first touched the ball outside, he shall toss it up inside the field of play on a line with the spot where it left the field of play.

(d) When the ball goes out of bounds and rolls or bounces in again, play shall continue.

Ball rolling in field from outside is in play.

even though a player may have touched it when out of bounds; except if the whistle of the REFEREE is blown, the ball shall then be put in play as though it had not returned to the field of play.

(c) When it is passed to a player out of bounds the REFEREE shall give it to the opponent at the spot where it left the field of play.

(f) The ball shall not be carried from the field of play. The UMPIRE shall call a foul for violation of this rule. (Rule XII, section 18.)

(g) A player is allowed five seconds to hold the ball out of bounds, and if she holds it longer it shall be given to her opponent by the REFEREE.

(h) When the REFEREE is tossing the ball up between two players and one of them bats it out of bounds, it shall be given to the opponent where it left the field of play.

(i) The ball may be thrown in any direction into the field of play, from any spot (outside of bounds) on a line drawn at right angles to the boundary line at the spot where the ball crossed it. The ball must be *thrown*, not *rolled*, into the field of play, and must be played by some other player before the player who passed it in can play it.

When either of these rules are violated the

REFEREE shall give the ball to the opponent at the same spot.

(j) There shall be no interfering with the player who is returning the ball: that is, no part of the person of her opponent shall be outside of the field of play; the opponent shall not touch the ball until it has crossed the line. If either of these rules is violated the REFEREE shall return the ball to the player who had it and have it again put in play at the original place.

SEC. 25. When a player makes a throw for goal and the REFEREE decides that part of her person was out of bounds the referee shall put the ball in play in the centre of the field of play. If a goal is made it shall be declared no score. Goal from outside.

SEC. 26. If a player throws for the goal and the REFEREE decides the ball was in the air when the whistle of the REFEREE, UMPIRE, TIMEKEEPER or LINESMEN sounded, and the throw results in a goal, it shall count. Goal counts if whistle is blown when ball is in the air.

SEC. 27. When the UMPIRE'S whistle sounds simultaneously with either the REFEREE'S, TIMEKEEPER'S or LINESMAN'S, the REFEREE shall decide whose is to take precedence. Referee decides whose whistle takes precedence.

SEC. 28. The REFEREE shall decide that a goal thrown before the whistle can be blown for Goals affected by fouls.

a foul made by the team throwing it shall not count, but if a player while throwing for the goal is fouled by an opponent and succeeds in scoring, both shall be counted.

Winning by default. SEC. 29. If only one team puts in an appearance at the appointed time, the REFEREE shall announce that the team complying with the terms agreed upon shall be declared the winner of the game by default. (Rule XII, section 31.)

When neither team is ready. SEC. 30. When it happens, however, that neither team is ready to begin playing at the hour appointed for the game, the team which completes its number first cannot claim a default from its opponent. The latter shall be entitled to fifteen minutes' additional time, and if then unable to present a full team shall be obliged to play short-handed or forfeit the game. The REFEREE shall be the authority on this rule.

Penalty for defaulting or forfeiting a game. SEC. 31. The REFEREE shall announce a team defaulting or forfeiting a game the loser by a score of 2 to 0.

Protesting of decisions of officials. SEC. 32. There shall be no protests against the decisions of the officials except in regard to interpretation of rules.

Derogatory remarks about officials. SEC. 33. Any remarks on the part of a player during the progress of the game derogatory in any way to the officials shall be called a foul by the REFEREE.

SEC. 34. Any persistent intentional delay of the game shall be counted as a foul against the team so delaying. The REFEREE shall call this foul.

Intentional delay of game.

SEC. 35. Two hands on a ball are necessary to secure it. In case of doubt in the mind of the REFEREE as to which player first put her two hands on the ball, he shall toss it up at the spot where it was held by the players.

Player must have both hands on ball to secure it.

SEC. 36. In no case may a player remove the ball from the hands of an opposing player, either by *snatching* or *batting* it. The UMPIRE shall call a foul for violation of this rule.

SNATCHING or BATTING ball from an opponent's hands not allowed.

SEC. 37. The ball may not be held longer than three seconds.

Ball held three seconds only.

SEC. 38. The ball may not be "juggled;" *i. e.*, tossed into the air and caught again to evade holding.

SEC. 39. Touching the field line or the ground beyond with any part of the body constitutes a foul. (This does not debar a player from leaning or reaching over the field line.)

Field lines may not be touched.

SEC. 40. No guarding may be done over the opponent's person when she has the ball.

No guarding over opponent's person.

SEC. 41. No player may hand the ball to another player. The ball must be *thrown* to another player.

RULE XIII.

SECTION 1. All fouls shall be called by the FOULS.

UMPIRE, except as provided in Rule VI, section 8, and Rule XII, sections 33 and 34.

SEC. 2. Fouls are classified according to their penalties, as follows:

General.

1. Players addressing officials (Rule VI, section 8).

2. Touching the ball in centre (Rule XII, section 3).

3. Kicking or striking ball (Rule XII, section 17).

4. Carrying ball (Rule XII, sections 18 and 24 [f]).

5. Bouncing the ball more than three times or lower than the knee. (Rule XII, section 19).

6. Holding more than three seconds. (Rule XII, section 37.)

7. Delaying game. (Rule XII, section 34.)

8. Tackling, holding, pushing opponents. (Rule XII, section 20.)

9. Snatching or batting ball from hands of an opponent. (Rule XII, section 36.)

10. Juggling. (Rule XII, section 38.)

11. Touching the field line with any part of the body. (Rule XII, section 39.)

12. Guarding over an opponent's person. (Rule XII, section 40.)

13. Handing the ball to another player. (Rule XII, section 41.)

Specific.

Fouls for which Players may be Disqualified.

1. Striking.
2. Kicking.
3. Shouldering.
4. Tripping.
5. Hacking.
6. Unnecessary rough play. (Rule XII,

section 21.)

Officials are expected to be as strict as possible. In all cases not covered by these rules officials are to use their own judgment, in accord with the general *spirit* of the rules. Officials to be strict and to go by spirit of rules.

All questions pertaining to the interpretation of these rules may be referred to any one of the members of the committee :

MISS ELIZABETH WRIGHT, Radcliffe College,
Cambridge, Mass.

MISS ETHEL PERRIN, Boston Normal School of
Gymnastics, Huntington Avenue, Boston,
Mass.

DOCTOR ALICE SNYDER, University of Michi-
gan, Ann Arbor, Mich.

MISS SENDA BERENSON, Smith College, North-
ampton, Mass.

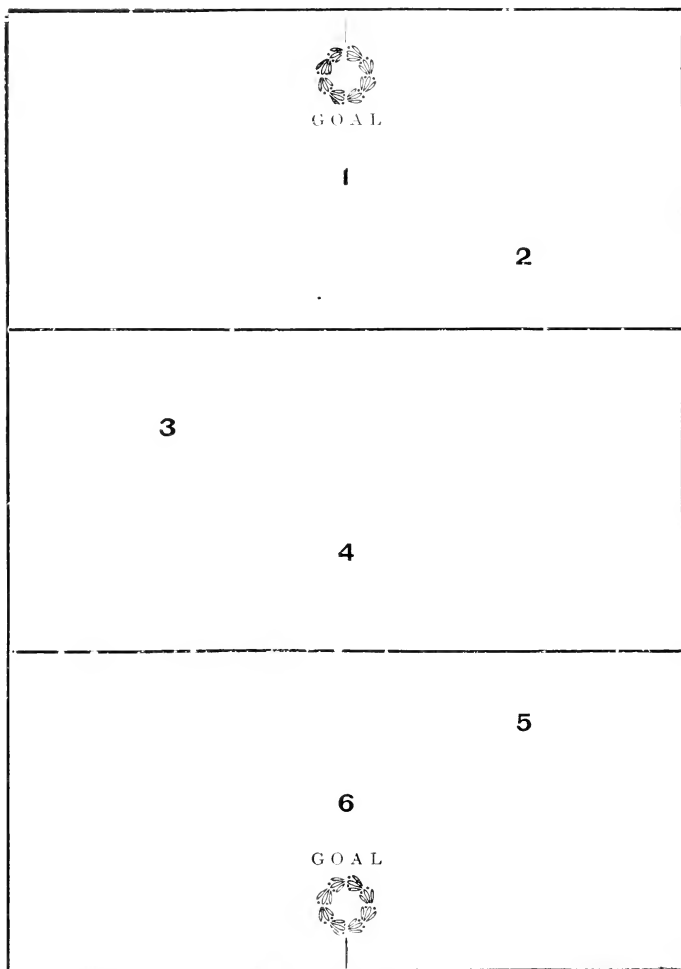


Diagram of Field, Showing Position of Six on Team

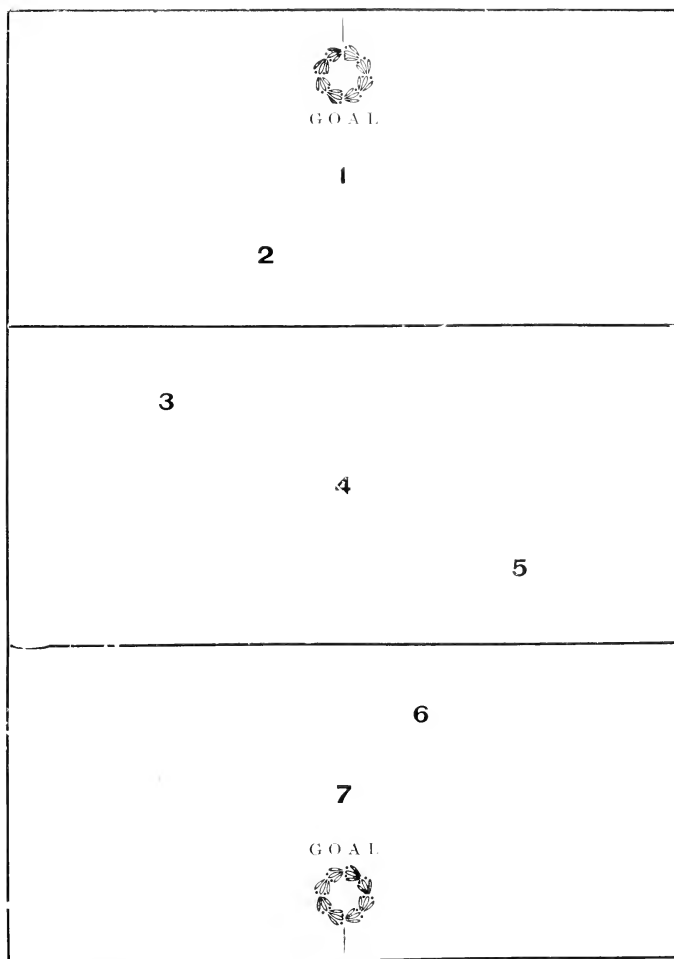


Diagram of Field, Showing Position of Seven on Team

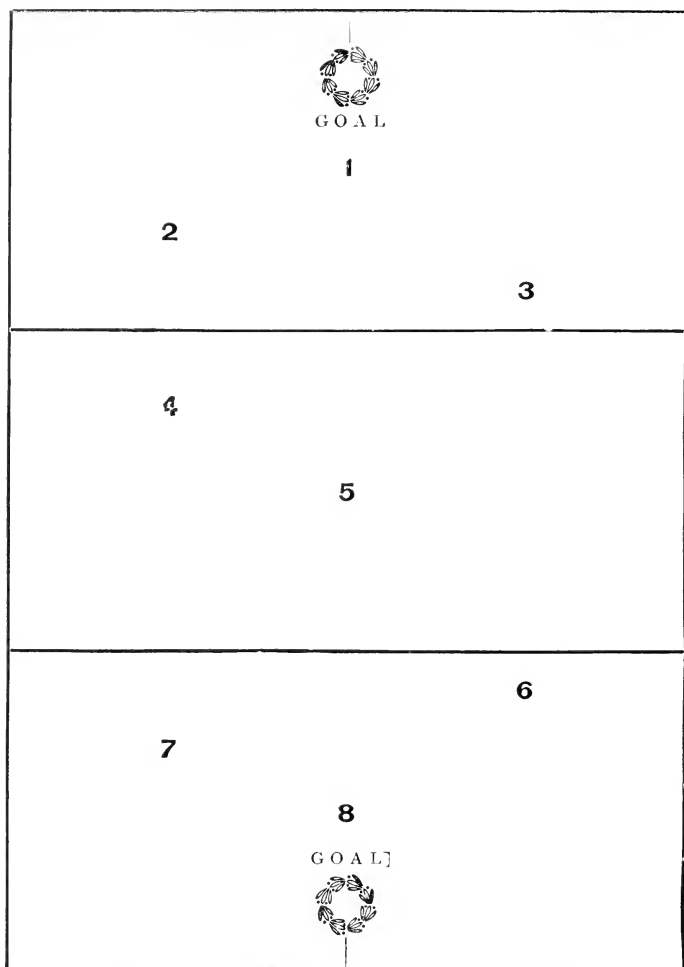


Diagram of Field, Showing Position of Eight on Team

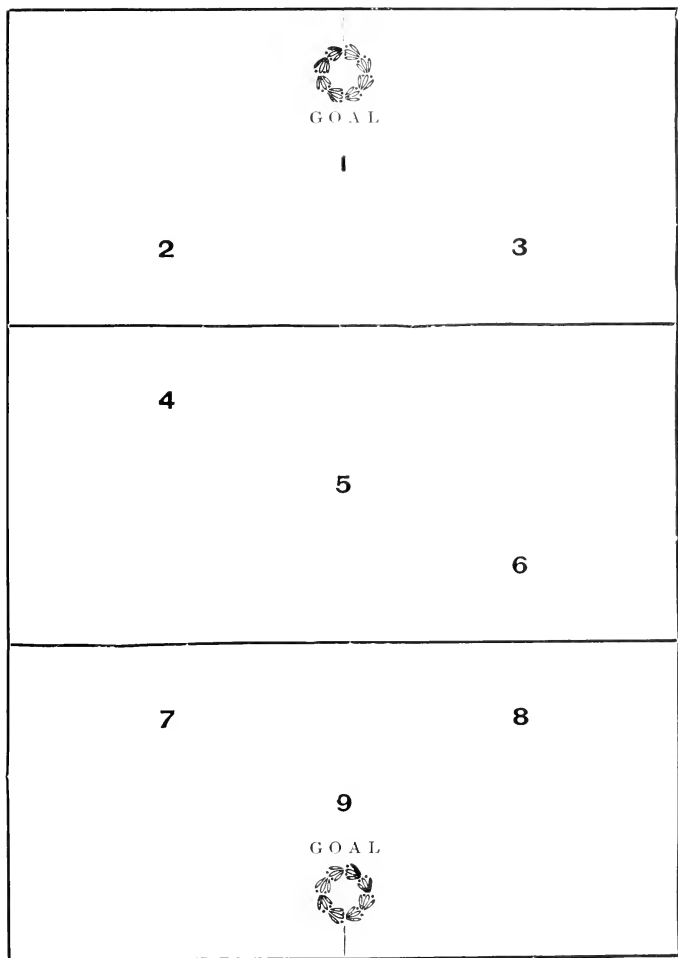
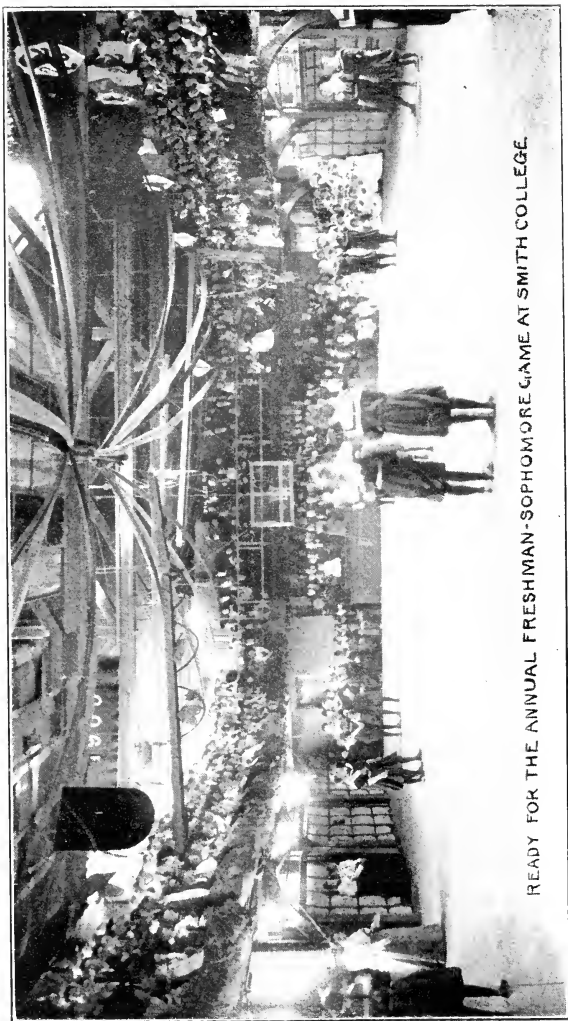


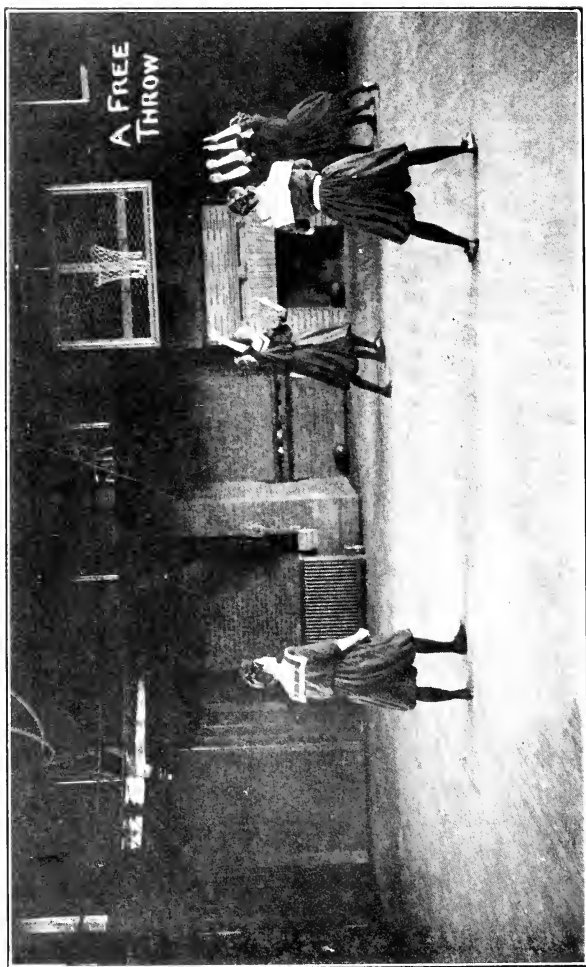
Diagram of Field, Showing Position of Nine on Team



READY FOR THE ANNUAL FRESHMAN-SOPHOMORE GAME AT SMITH COLLEGE.

BALL ABOUT TO BE
TOSSED UP AT CENTRE







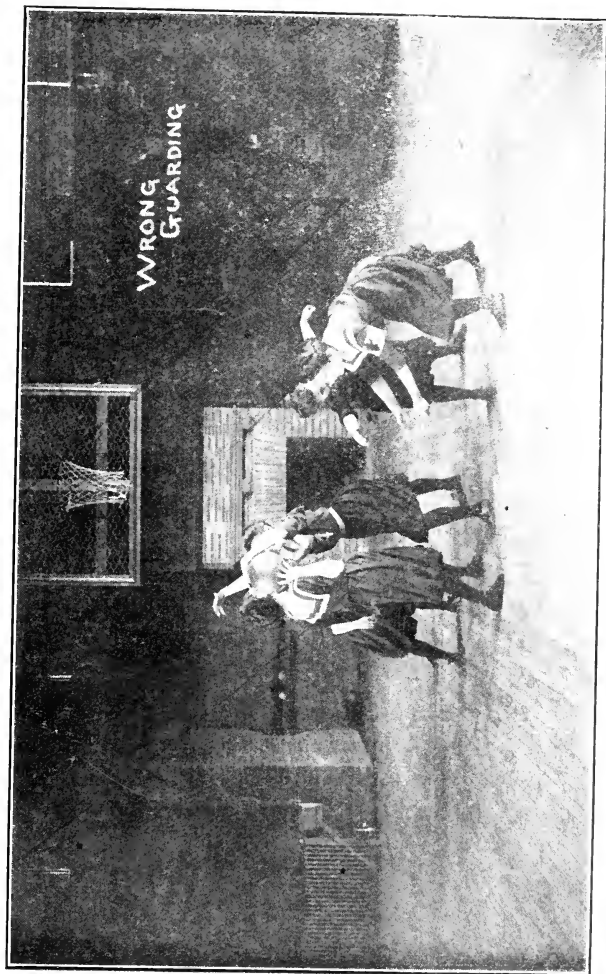


DISPUTING THE BALL





WRONG
GUARDING



RIGHT GUARDING









THE FINEST EQUIPPED GYMNASIUM IN THE WORLD

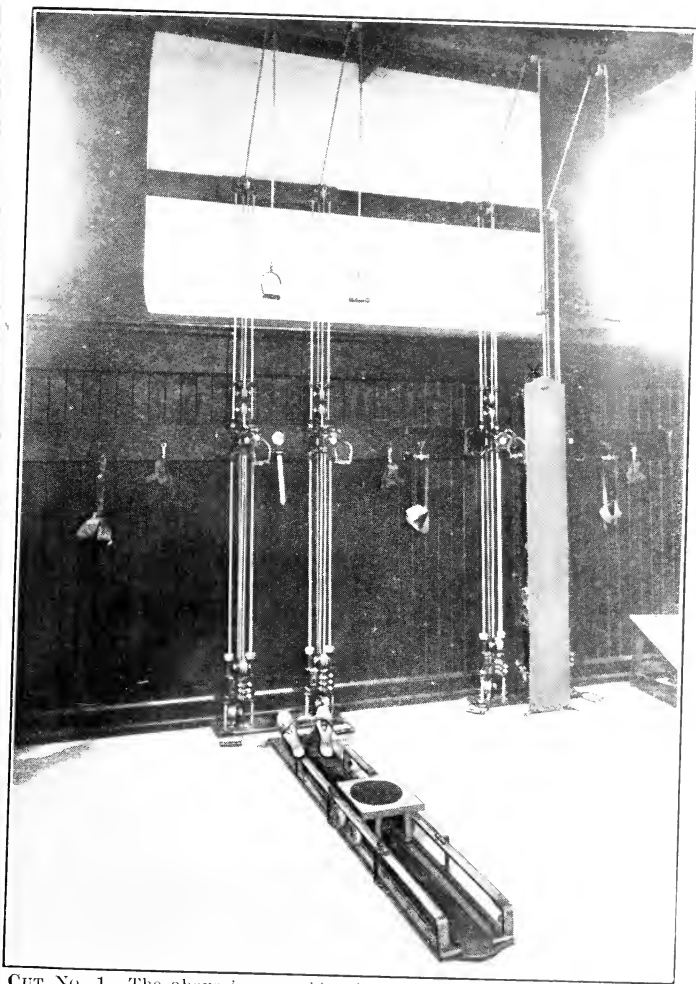
The progress made in the manufacture and the mechanical perfection of the various gymnastic appliances shown in the complete gymnasium installed by A. G. Spalding & Bros. at the World's Fair, demonstrated that the firm is alive to the imperative need of the times. Physical training is being rapidly advanced and in the congested sections of the country it is a growing problem how to provide for the new conditions. This is particularly true in public school work and similar institutions. Real estate in large cities is extremely valuable, and as a consequence, gymnasiums are often reduced in size and wholly inadequate to the growing needs. This means that the apparatus of the past of a fixed or cumbersome character must be superseded by appliances that may be rapidly and conveniently handled in a manner to accommodate the constantly increasing number of boys and girls needing systematic physical development.

A. G. Spalding & Bros., who outfitted the complete gymnasium at the World's Fair and received the Grand Prize and Gold Medal in competition for their exhibit, are to be congratulated on their enterprise.

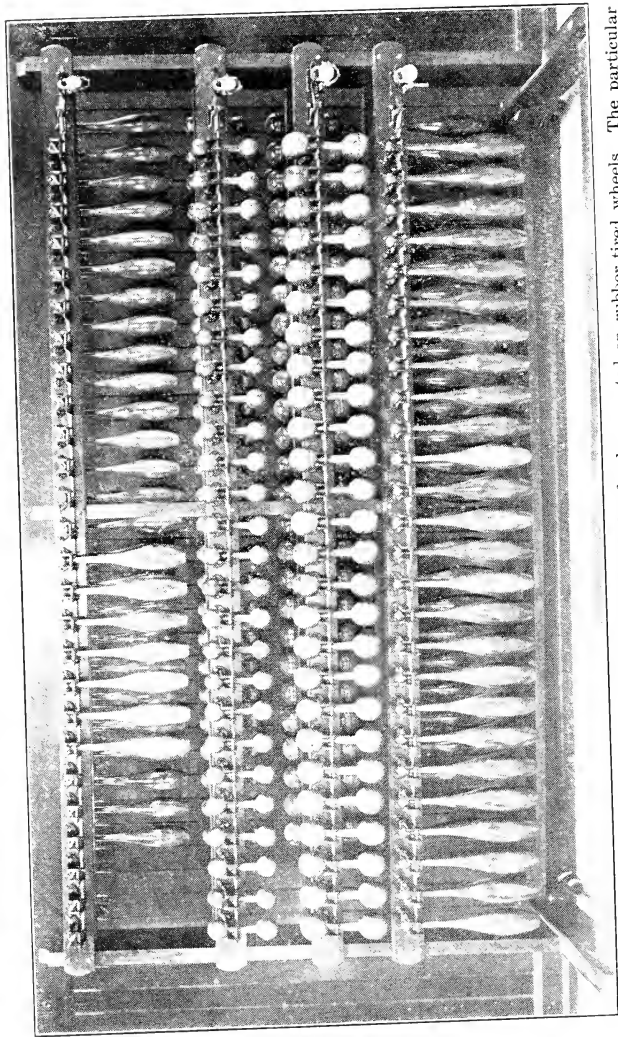
The following pages are devoted to a few cuts of the gymnasium referred to, and also a complete list of the apparatus installed.

LIST OF APPARATUS INSTALLED IN WORLD'S FAIR GYMNASIUM.

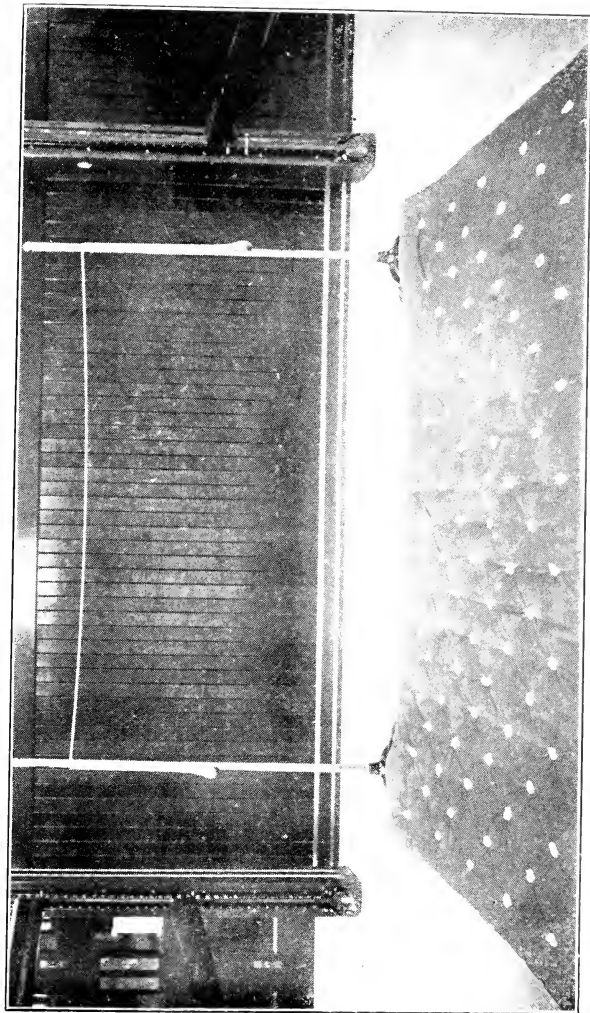
- | | |
|--|---|
| 20 No. OR Robert Reach Triplicate Chest Machines. | 6 Medicine Ball Racks. |
| 20 Special Rowing Attachments. | 50 Pairs 1-2-lb. Model Dumb Bells. |
| 1 New Style Spalding Wrist Roll. | 50 Pairs 1-lb. Model Dumb Bells. |
| 1 No. 50A Quarter Circle. | 50 Pairs 1-lb. Indian Clubs. |
| 25 Sections Bar Stalls. | 50 Pairs 1 1-2-lb. Indian Clubs. |
| 25 Bar Stall Benches. | 200 Pairs Club and Bell Hangers, on stands. |
| 2 No. 200 Neily Patent Bom. | 4 Dozen Wands. |
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| 3 New Style Spalding Parallel Bars—Special. | 20 Head Gears. |
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| 3 Grasshopper Spring Boards. | 50 Bean Bags and Cabinet. |
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| 1 No. 207 Vaulting Box. | 50 Rubber Balls and Cabinet. |
| 1 No. 28 Incline Board. | 4 8-ft. Jump Ropes. |
| 3 Pairs No. 125 Flying Rings. | 4 20-ft. Jump Ropes. |
| 8 No. 126 Traveling Rings. | 1 Volley Ball Outfit. |
| 12 No. 98 Climbing Ropes. | 4 Jump Frames. |
| 1 40-ft. Ladder and Braces. | 50 Nickel Wands. |
| 1 Horizontal Window Ladder. | 1 Wand Cabinet mounted on rollers for nicked wands. |
| 2 Vertical Window Ladders. | 1 Game Cabinet. |
| 2 Striking Bag Discs and Bags. | 50 Grace Hoops. |
| 11 5-ft. x 10-ft. x 2-in. Mats. | 2 Grace Hoop Racks. |
| 3 5-ft. x 6-ft. x 2-in. Mats. | 1 Pair Physician's Scales. |
| 3 3-ft. x 10-ft. x 2-in. Mats. | 1 Stadiometer. |
| 3 3-ft. x 5-ft. x 2-in. Mats. | 1 Chest, Back and Loin Dynamometer. |
| 1 Tumbling Mattress—5 ft. x 15 ft. x 8 in., curled hair. | 1 Chinning Bar. |
| 2 Pairs Official Basket Ball Goals. | 1 Pair Wall Parallels. |
| 2 Pairs Official Screens for Basket Ball Goals. | 1 Chin Gauge. |
| 2 No. M Official Basket Balls. | 1 Wet Spirometer. |
| 2 No. 1 Medicine Balls. | 1 Dozen Glass Mouth Pieces. |
| 2 No. 2 Medicine Balls. | 1 Pair Chest Calipers. |
| 2 No. 3 Medicine Balls. | 1 Pair Shoulder Calipers. |
| | 1 Spirometer—shelf. |
| | 1 Dynamometer for Grip. |



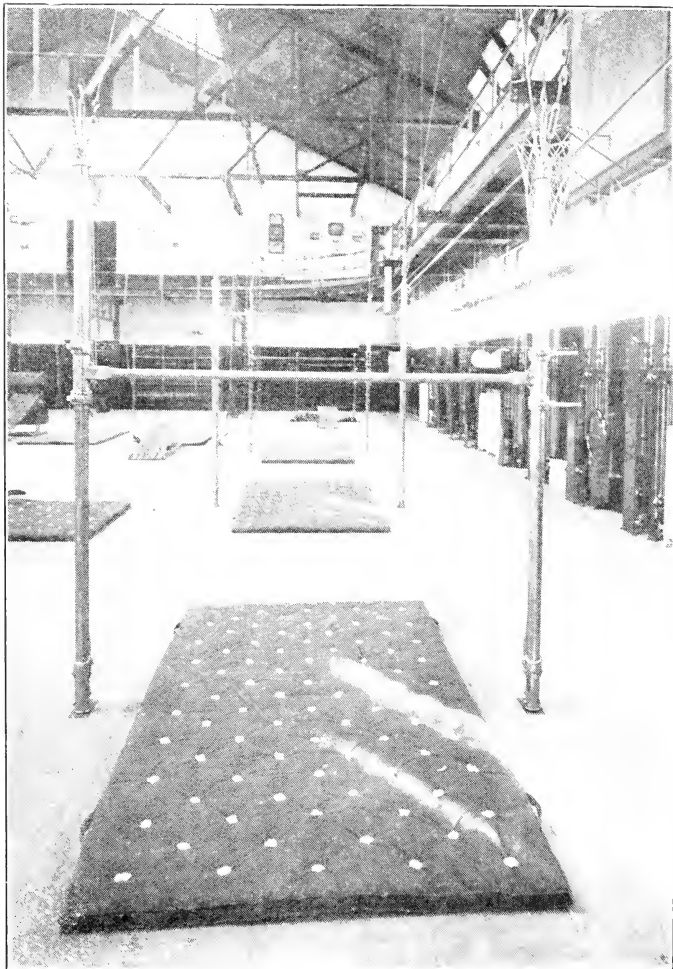
CUT No. 1—The above is a combination piece of wall apparatus which may be used as a rowing weight, back and loin pulley, direct chest pulley with upright backboard, or intercostal overhead pulleys. Either set of handles is always ready for use, and requires no adjustment.



CUR No. 2—A portable Indian club and dumb bell rack, made of oak, mounted on rubber-tired wheels. The particular feature about it is the locking device, whereby an entire row of Indian clubs or dumb bells may be locked or unlocked with one throw of the lever, the object of the device being to place the control of the apparatus entirely in the hands of the instructor. The character of the hanger is decidedly unique and practical and is original with A. G. Spalding & Bros.



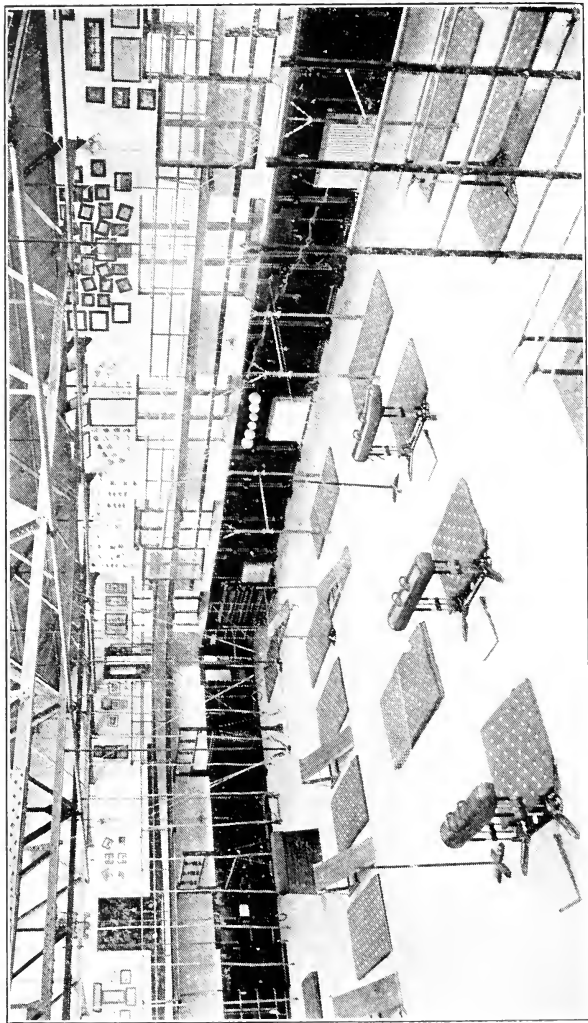
Cut No. 3—A new style of jumping standard that was favorably commented on by all who saw it. It is elaborately made of polished brass tubing and brass fittings, having a heavy iron round base. The particular feature of its construction was the automatic pin arrangement which was permanently attached to the standard and was instantly adjusted, locking itself when released at the desired height.



Cut No. 4—Shows a combined horizontal and vaulting bar of entirely new construction. The bars are suspended by overhead guys and these guys are tightened and the bar drawn into position at the floor by the use of one lever on each upright. The principle is radically new, and is certainly most successfully applied. The bar requires only two floor plates and two points of attachment at the floor, eliminating the spread of guys, thereby saving floor space and greatly facilitating the handling of the apparatus in clearing the floor for other work.



Cut No. 5—Illustrates a pair of parallel bars, the design of which was particularly commended by the entire body of Turn Verein representatives who used them in the Olympic gymnastic con-

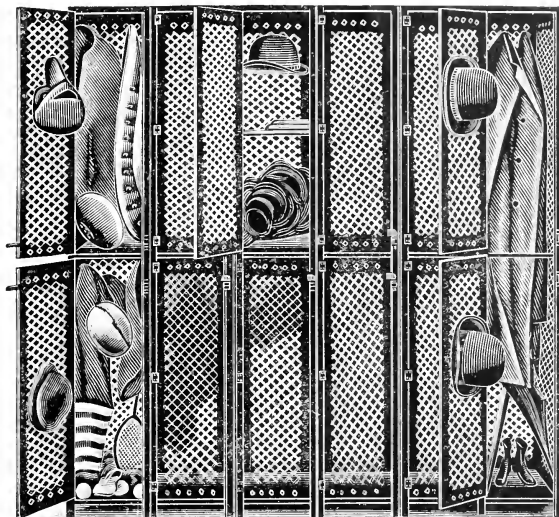


Cut No. 6- A photograph from one end of the gymnasium showing considerable of the apparatus in place on the floor. The net in the centre of the room is for volley ball games. Owing to the character of the apparatus the floor may be quickly cleared for games of this character at short notice.

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

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WERE USED EXCLUSIVELY IN THE GYMNASIUM
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Spalding Gymnasium Shoes

Horsehide sole; soft and flexible; in ladies' and men's sizes.

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Kangaroo; elkskin sole, extra light, hand made.

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High cut, best grade canvas shoe, white rubber sole; in ladies' and men's sizes; men's made of white canvas, ladies' black.

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High cut canvas shoe, rubber sole.

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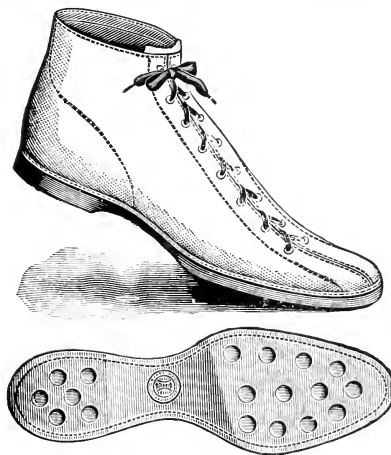
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BASKET BALL SHOE



Made of selected leather with special rubber sole. The suction caused by the peculiar construction of the sole enables the player to obtain a good purchase on the floor, a feature that should make this shoe very popular with basket ball players.

No. BB. Per pair, **4.00**

For ladies; otherwise same as No. BB.

No. BBL. Per pair, **\$3.50**

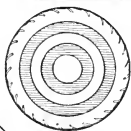
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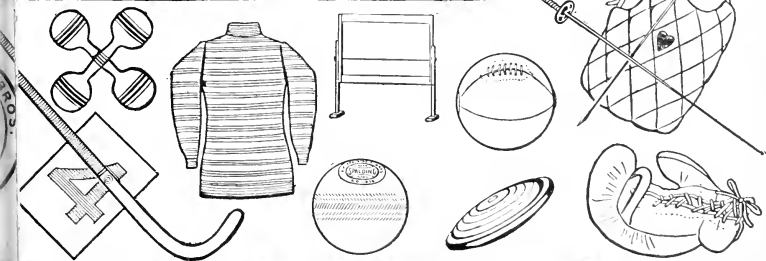
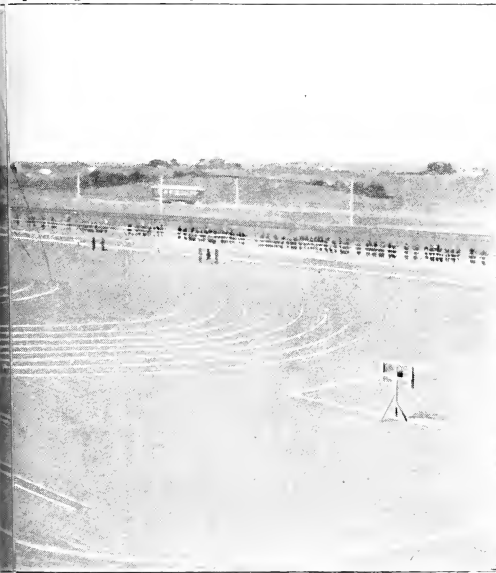
OF



The above illustration shows the Stadium at the field was pronounced by experts to be the most perfectly designed and equipped by A. G. Spalding & Bros. In Bros. with a gymnasium exhibit that was pronounced a



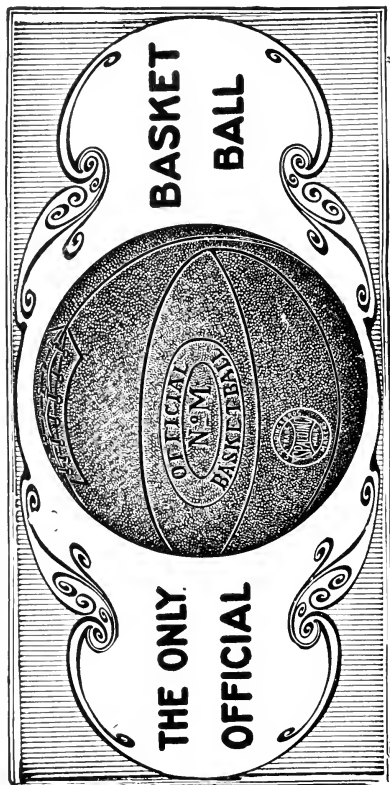
ti), in which the Olympic Games of 1904 were held. The athletic plant ever constructed. The entire field was in the Model Gymnasium, equipped by A. G. Spalding & Sons and the International Jury.



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THE SPALDING "OFFICIAL" BASKET BALL



Extract from Official Rule Book

RULE II.—BALL

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball.

Extract from Official Rule Book

RULE III.—GOALS

SEC. 3. The goal made by A. G. Spalding & Bros. shall be the official goal.



No. M. "Official" Basket Ball. Each, \$5.00

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The Spalding "Ladies' Official" No. ML

Same quality material and workmanship as in our No. M "Official" Ball, but slightly smaller in size. Games played by ladies with this ball are recognized as "official."

No. ML. Each, \$4.50

The Spalding "Special No. E"

Fine English pebble grain leather case. The bladder of the purest Para rubber and guaranteed. Each ball complete in sealed box.

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The Spalding "Practice No. 13"

Good quality leather cover; regulation size. Each ball complete in box with bladder.

No. 13. Each, \$2.00

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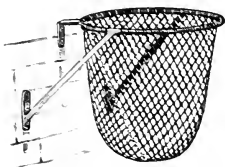
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Spalding's "Official" Basket Ball Goals



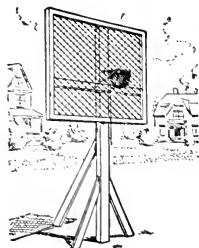
Officially adopted and must be used in all match games. We are equipping our basket ball goals now with nets constructed so that the bottom may be left open in practice games to permit the ball to drop through. The opening is closed readily by a draw string for match games.

No. 80. Per pair, **\$4.00**

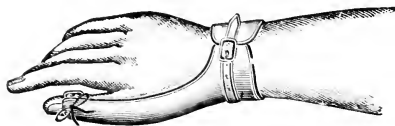
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Outdoor Basket Ball Goals, Uprights and Net Frame. Designed for lawns, school yards, outdoor gymnasiums and playgrounds. Everything complete for setting up.

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A substantial support that players will appreciate.

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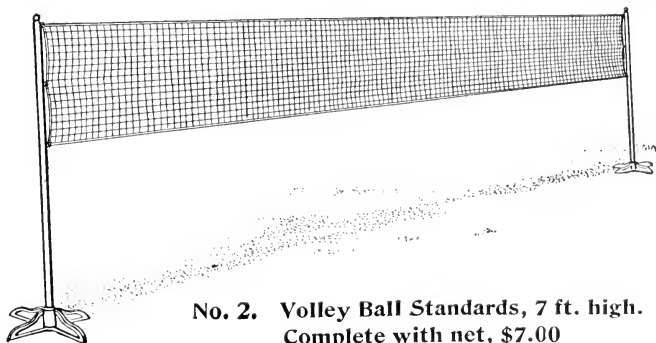
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Is pre-eminently fitted for the gymnasium or the exercise hall, but may be played out of doors by any number of persons. The play consists of keeping the ball in motion over a high net, from one side to the other, thus partaking of the character of two games—tennis and hand ball. Made of white leather. Constructed with capless ends and furnished with pure gum guaranteed bladder.

No. V. Regulation size; best quality. Each, \$4.00

No. W. Regulation size; good quality. " 2.50

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**No. 2. Volley Ball Standards, 7 ft. high.
Complete with net, \$7.00**

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By C. Bowyer Vaux. Paddling, sailing, cruising and racing canoes and their uses; canoeing and camping; paddling; sailing; racing regulations. Price 10 cents.

No. 27—College Athletics

M. C. Murphy, the well-known athletic trainer, now with Yale University, the author of this book, has written it especially for the school-boy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport. The subjects comprise the following articles: Training, starting, sprinting; how to train for the quarter, half, mile and longer distances; walking; high and broad jumping; hurdling; pole vaulting; putting the shot; throwing the hammer. Illustrated with pictures of leading college athletes. Price 10 cents.

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The A. A. U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club officer in America. This book contains the official rules for running, jumping, weight throwing, hurdling, pole vaulting, swimming, boxing, wrestling, etc., and is an encyclopedia in itself. Price 10 cents.

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Played with an air-inflated ball 6 feet in diameter, weighing about 50 pounds. A side consists of eleven men. This book contains the official rules and a sketch of the game; illustrated. Price 10 cents.

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Edited by Miss Senda Berenson, of Smith College. Contains the rules for basket ball for women as adopted by the conference on physical training, held in June, 1899, at Springfield, Mass., and articles on the following subjects: Psychological effects of basket ball for women, by Dr. Luther H. Gulick, superintendent of physical training in the schools of Greater New York; physiological effects of basket ball, by Theodore Hough, Ph. D.; significance of basket ball for women, by Senda Berenson; relative merit of the Y. M. C. A. rules and women's rules, by Augusta Lane Patrick; practical side of basket ball, by Ellen Emerson, B. K., Agnes Childs, A. B., Fanny Garrison. A. B.; A Plea for Basket Ball, by Julia Ellsbee Sullivan, Teachers' College, New York; diagram of field, showing position of team; illustrated with many pictures of basket ball teams. Price 10 cents.

No. 174—Distance and Cross Country Running

By George Orton, the famous University of Pennsylvania runner. Tells how to become proficient at the quarter, half, mile, the longer distances, and cross-country running and steeplechasing, with instructions for training and schedules to be observed when preparing for a contest. Illustrated with numerous pictures of leading athletes in action, with comments by the editor on the good and bad points shown. Price 10 cents.

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By J. H. Sterrett, the leading authority on swimming in America. The instructions will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for the beginner, which is illustrated by many drawings. The contents comprise: A plea for education in swimming; swimming as an exercise and for development; land drill exercises; plain swimming; best methods of learning; the breast stroke; breathing; under-arm side stroke; scientific strokes—over-arm side stroke; double over-arm or "trudgeon" stroke; touching and turning; training for racing, ornamental swimming; floating; diving; running header; back dive; diving feet foremost; the propeller; marching on the water; swimming on the back; amateur swimming rules; amateur plunging rules. Price 10 cents.

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